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Indigenous students bash Columbus Day

By PETER JI
Senior Staff Writer

Over the last few years, a movement has gained momentum across the United States to replace Columbus Day with Indigenous Peoples' Day.

Proponents argue that Columbus Day celebrates the genocide of Native Americans by European colonization and enslavement, beginning with Columbus' arrival on Hispaniola in 1492.

At Hopkins, students gathered on the Beach in support of the movement on Monday.

Senior Cera Hassinan organized the event, where she displayed a poster for people to write words of support and encouragement. She also shared family souvenirs from her mother's Sioux tribe.

"Indigenous Peoples' Day tries to reimagine Columbus Day. We don't want to celebrate a man who brought so much

trouble to native people," Hassinan said. "He brought Native Americans to colonize them, enslaved them, used their women, raped them and brought them off of their lands. All of the problems that Columbus brought with him... caused them to lose their identity. There are so many problems caused by Europeans coming over and we shouldn't celebrate that."

"We don't want to celebrate a man who brought so much trouble to native people."

— CERA HASSINAN,
NATIVE AMERICAN
STUDENT ORGANIZER

national holiday Indigenous People's Day.

The states of Alaska, Hawaii, Oregon and Vermont do not recognize Columbus Day at all. The number of parades celebrating Columbus Day has also declined.

Junior Joshua Bertalotto, a member of the Tunica-Biloxi Tribe of Louisiana, *SEE INDIGENOUS, PAGE A4*



Around 400 members of the Hopkins community demonstrated in support of Black Lives Matter last Friday. See A12 for more photos.

University supports Movement for Black Lives

By SOPHIE JOHNSON
For The News-Letter

Hopkins students, faculty and staff gathered outside of the Mattin Center for a University-sponsored silent demonstration in support of the Black Lives Matter (BLM) movement on Friday, Oct. 7.

Around 400 demonstrators lined up along the sidewalk of N. Charles Street and held hands in solidarity with the black victims of police violence.

Demonstrators stood in silence, facing the passing cars. Many drivers showed their support

by honking their horns, flashing thumbs-up signs and waving.

Associate Dean of Diversity and Inclusion Jamie Riley explained why he and student leaders had decided the moment of silence would last 397 seconds.

"It was because the first documented African native was brought into this continent in 1619 in January. 1619 to 2016 is 397 years. So there have been 397 years that black folks, African folks, folks of color have been moving for equality and equity in this country, and we want to represent that," Riley said. "So each of us represents a year of the struggle."

In a speech before the gathering, junior SGA

Class Senator Kwame Alston reflected on the injustices that led to the formation of the BLM movement.

"Today, when we take this moment of silence, we're not simply remembering those we've lost, but we're also saying that we're done with the senseless violence. We're done with the hashtags, we're done with the constant fear that we could easily become one, and we're done being afraid that our loved ones are next," he said.

Alston asked the demonstrators to contemplate the reason why they need to fight against oppression.

"There's no reason that the color of our skin should put us in danger,

that an 11 year old should be treated like an 18 year old, and that even when I'm lying in the street with my hands up and I'm saying not to shoot, I'm still shot," Alston said. "We're still people, and we deserve to be treated as such."

Senior Charlie Green, executive president of the Student Government Association (SGA), expressed SGA's support for the BLM movement at Hopkins.

"As leaders of an organization that represents all students on campus, we recognize the need for groups to come together to support each other," Green said. "SGA is an organization based on racial justice, and it's our *SEE BLM, PAGE A6*

Profs. assess election's global impact

By NEHAL AGGARWAL
For The News-Letter

With the U.S. presidential election less than one month away, three Hopkins professors discussed the implications of the election on foreign policy and international relations.

The panel on Thursday, Oct. 6 was hosted by the Hopkins chapter of European Horizons and the International Studies Leadership Committee.

The panelists included Steven David, a professor of international relations whose work centers on American foreign policy and security studies; Nicolas Jabko, an associate professor of political science researching neoliberalism and pragmatist approaches to political economy; and Hent de Vries, the director of the Humanities Center specializing in modern European history.

President of European Horizons at Hopkins, sophomore Lucas Feuser, argues that it is important to consider the election's global impact.

"The U.S. election is very much thought of as a domestic issue," Feuser said. "But everything the United States does has global implications."

The panelists and the audience came to a consensus that the Republican nominee, Donald Trump, knows very little about the state of U.S. for-



COURTESY OF SYDNEY VAN MORGAN
Hent de Vries (left) argues that hope has left American politics.

eign affairs.

David stressed Trump's inexperience and carelessness.

"Look at this guy — he's like a third grader," David said. "Someone will insult him, insult the size of his hands, and we will be in World War III. He knows nothing about foreign affairs, and what's worse, he doesn't care. When he gets a question, to me it's like a student who hasn't done their homework. He tries to bluff his way through and BS his way through, and it's clear he doesn't know what he's talking about."

Senior Olivia Shumaker echoed these sentiments, comparing Trump to Hillary Clinton, the Democratic nominee.

"It's complicated either way, but I'm comforted by the fact that Hillary has more experience, and she can't be played," Shumaker said. "I'm more comfortable

with someone who has more experience with what they're doing, rather than someone who's all talk."

The panel discussed the rise of populism in American politics, and how Trump's candidacy may pave the way for future celebrity figures.

Feuser believes that populist undercurrents *SEE HORIZONS, PAGE A5*

WJHU broadcasts student creativity

By ALLY HARDEBECK
For The News-Letter

From its studio on McCoy's first floor, student-run radio station WJHU has provided a creative outlet for students since 1945.

Not only do the radio shows feature music genres ranging from indie rock to Bollywood and rap, they also take on other formats like personal interviews with members of the community and fantasy football advice for sports fans.

Becoming a DJ is a simple process. After being trained to use the studio's equipment, the DJ has complete artistic freedom in the structure of their weekly segment.

Matty Munoz, a senior and co-host of freestyle rap show "Double Dream Hands," values the creative control he has at WJHU.

"One of my friends asked me, 'Do you really enjoy doing the radio show?' and I said yes because I'm not particularly creative when it comes to artistic things like drawing... but this is a creative outlet that I very much enjoy," Munoz said.

Junior Raph Santore, the other co-host of "Double Dream Hands," views WJHU as a creative outlet and also a source of stress relief.

"I started rapping in high school for fun. A lot of my friends are very musically talented, but I'm not, so for me that was my

way to contribute. It's really nice for us that it's on a Friday. It's a good way to de-stress at the end of the week," Santore said. "A lot of the time more people come through to our radio show, because it's fun to hang out. It's the highlight of my week for sure."

In the past, WJHU has struggled to promote themselves on campus. George Danforth, senior and WJHU DJ, described the connection between the radio station and the general student body.

"I think we could do a lot better. That being said, it has been much worse. I think we're gaining momentum in terms of how we're viewed by the rest *SEE WJHU, PAGE A5*

INSIDE THIS ISSUE

An inspiring underdog

Starring Lupita Nyong'o and David Oyelowo in an all-black cast, *Queen of Katwe* tells the story of a young Ugandan chess prodigy. **ARTS, PAGE B5**



Your midterms survival guide

Read *The News-Letter's* suggestions for having a fun weekend, even during midterms. **YOUR WEEKEND, PAGE B2**

White supremacy in politics

Emeline Armitage argues that voters should recognize both Clinton and Trump as white supremacist candidates. **OP/ED, PAGE A11**

NEWS & FEATURES

SGA inaugurates Class of 2020 senators

By AMY HAN
Senior Staff Writer

The Student Government Association (SGA) inaugurated the new Freshman Class Council and set the agenda for its annual dinner with President Ronald J. Daniels at its weekly meeting in Charles Commons on Tuesday, Oct. 11. The SGA also passed the Relay For Life Kickoff Bill and the Foreign Affairs Symposium (FAS) Funding Bill.

The results of the Freshman Class Council Election for the 2016-2017 school year were announced on Oct. 7. Freshman Class President Anthony Boutros and Class Senators Dean Chien, Rushabh Doshi, Maya Foster, Edo Ighodaro, Meghna Kumar and Alex Walinskas were sworn into their positions and introduced to the structure of meetings and legislative procedures.

The representatives of the Class of 2020 hope to focus on matters of accessibility and acceptance on campus. Freshman Class President Boutros stressed, in particular, the importance of campus health service for students with disabilities.

"Students with disabilities lack a centralized common room where we can meet, socialize and plan to raise awareness. Peer support groups are extremely helpful and the fact that they can't exist because there is no centralized and constant meeting place hampers our ability to seek a crucial type of treatment and support from peers," Boutros said.

The Freshman Class Council also wants to establish a transportation system that will include shuttle rides to the Health and Wellness Center,

CVS, the Rec Center and various other destinations. Freshman Senators Doshi and Chien also want to prioritize health related measures.

"My personal top legislative priority for the upcoming 2016-2017 year is to classify a tampon as a basic need or a necessity, which would allow the student government to place tampons in restrooms all over campus," Doshi said. "I will also be

advocating for adding 'drop-in' hours at the Health and Wellness Center."

Chien echoed these sentiments, drawing on public health-related issues across campus.

"I want to make basic public health-related measures like reducing Freshmen Plague and banning smoking a priority," Chien said.

The freshman SGA members also want to address the prevalent issues of diversity and inclusion.

"I want to fight on behalf of other groups who are not granted the respect and rights they deserve on campus," Boutros said. "By the end, I hope that I'll be able to foster a more inclusive community that is aware and empathetic of the intersectional issues faced by their peers."

Freshman Senator Foster specifically wants to facilitate more cultural events.

"I am especially interested in addressing diversity, possibly hosting cultural events where people can come in and

participate in activities designated for a specific culture," she said.

The Freshman Council's other goals include retaining covered grades for the next freshman class, connecting students with resources that will help them adapt to college life and establishing class-wide student learning opportunities.

"We want to ensure that everyone has a say, so we will seek feedback

"We want to ensure that everyone has a say, so we will seek feedback and advice."

— ALEX WALINSKAS, SGA SENATOR

and advice from the class. We want everyone to feel involved and excited," Freshman Senator Walinskas said.

The SGA will have its annual dinner with President Daniels on Nov. 2.

Main topics of discussion will include student life, mental health and University diversity and inclusion.

In regards to student life, the SGA hopes to receive updates on the student union that the University made plans in Feb. 2014 to build. They also hope to discuss student representation on the University's Board of Trustees Students Life Committee, a business incubator space for undergraduates, and an increase in funding for Student Life.

Another recurring topic at the meeting was that of student group funding. With a number of new student organizations emerging on campus each year and a fixed amount of funds, the SGA is working on ways to efficiently select student groups and

distribute these funds. For instance, the SGA is working on implementing an online funding request portal on their website.

Executive Treasurer John Tycher spoke on a policy change made by the Student Activities Commission (SAC).

"We unanimously voted in a quorum to establish a new policy that will make sure that groups will disclose all additional JHU sources of funding in order to qualify for funding. This will be reflected in the next round of funding," Tycher said.

All SAC nominations for the 2016-2017 school year were approved during the meeting.

Specifically, the SGA passed two bills allocating funds to Relay For Life and the Foreign Affairs Symposium during the meeting.

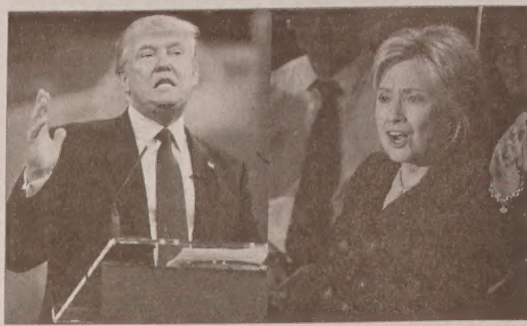
Mental health will also be a major point of discussion at the SGA dinner with President Daniels. The SGA hopes to have the Counseling Center collaborate with professors to publicize the Center's functions.

Junior Class Senator Sathvik Namburur believes that awareness of mental health is crucial and that the SGA should work to expand and better utilize the Counseling Center. He also proposed having more people available on the emergency hotline.

Regarding diversity and inclusion, the SGA wants to speak to President Daniels about updating the University's Student Conduct Code by establishing bias infractions.

The SGA's major goals of the year — diversity, mental health and school spirit — will be discussed in detail at the SGA Fall Forum on Nov. 1.

Students criticize Trump's behavior



Trump and Clinton participated in the second presidential debate.

By VALERIE CHAVEZ
For The News-Letter

JHU College Republicans, Hopkins College Democrats and IDEAL hosted a viewing party for the second presidential debate in Nolan's on Sunday. Students gathered to watch Republican candidate Donald Trump and Democratic candidate Hillary Clinton field questions from audience members in the debate's town hall format.

Martha Raddatz and Anderson Cooper moderated the debate. Topics included foreign policy, Islamophobia, gun violence and environmental policy, among many others.

Joseph Klein, a Republican sophomore, shared his thoughts on the opening of the debate.

"I would say that was probably the worst moment in American Debate history. I can't see how it could have gotten any worse as far as personal attacks, and just unnecessary banter between the two," Klein said.

Early in the debate, Donald Trump was asked to respond to his recent comments about women. Among the most talked-about moments of the debate was when he defended the comments he made in a 2005 Access

Hollywood video, calling them "locker room talk."

Klein believes Trump's comments about women are inexcusable.

"There is no excuse for [sexual assault]. The sizable majority of Republican leadership has come out and said that, and that is what has caused people to pull their endorsements. And it's right for them to do so," he said.

Prior to the debate, many Republicans like House Speaker Paul Ryan (R-WI), refused to defend Trump's comments. Others, including former presidential candidate and current senator John McCain (R-AZ) withdrew their support. These prominent party leaders distancing themselves from and abandoning Trump's campaign represents the growing divide within the Republican party.

Sophomore Vahni Bernard spoke about Trump's prospects going forward.

"I think that [Trump] would like to believe that a lot of America is on his side and that he has a chance, but I think the country is too intelligent and aware of what needs to happen in order for him to be elected," Bernard said.

Cooper questioned the candidates on the humanitarian crisis in Syria, citing Mike Pence's statement on the issue. Trump responded that he had not spoken with Pence before he made those statements and that he disagrees with him.

Zack Tipton, vice president of IDEAL, credited this as a weakness in Trump's campaign.

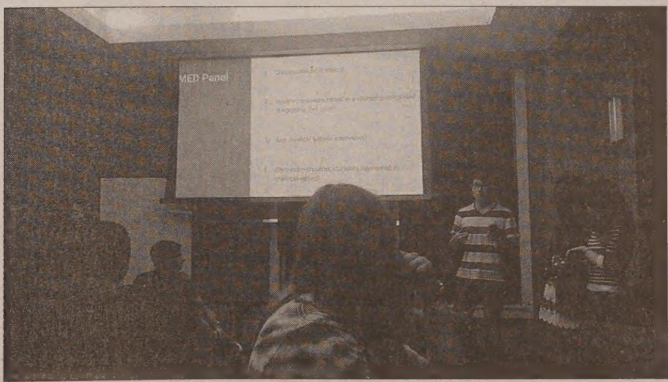
"That showed a real split in their ticket, which isn't a good thing. For him it is kind of disastrous because it is just showing that he has no control over his campaign," Tipton said. "I mean, it's kind of gotten to the point where it's just its own animal. It's just Trump being Trump."

Following the debate, most media coverage credited Clinton as the winner of the debate. However, Trump's performance exceeded expectations.

Senior Cynthia Hadler, president of the College Democrats, thinks the outcome of the debate is more a failure for Trump than a success for Clinton.

"I don't believe Clinton provided a knockout blow. But she didn't necessarily need to. Trump has been steadily on the decline since the first debate, and his performance last night is unlikely to change that," Hadler said. "People placed a very low bar for Trump, expecting him to implode on stage. People who thought he won were simply impressed he didn't fail as dramatically as expected. However, Hillary continued to showcase her insurmountable knowledge advantage."

MedPanel raises questions surrounding ethics of placebos



COURTESY OF SIRI TUMMALA
Discussion groups were given hypothetical scenarios of clinical trials with placebos.

By SIRI TUMMALA
For The News-Letter

The Johns Hopkins Medical Ethics Discussion Panel (MedPanel) hosted a discussion on the ethics of placebo use in clinical trials on Tuesday, Oct. 11 in Charles Commons.

The panel centered around a hypothetical scenario of a clinical trial for Amyotrophic Lateral Sclerosis (ALS) with two groups: the experimental group with a 90 percent survival rate, and a placebo group with a 20 percent survival rate. The standard treatment of care, Riluzole, had a 50 percent survival rate.

Participants separated into four smaller discussion groups, each led by a MedPanel speaker who facilitated conversation. The MedPanel speakers were all undergraduate

students who were well-versed in the information. Each group consisted of two to four individuals and allowed participants to express their opinions and expand their perspectives by listening to other people's points of view.

The speakers presented the topic of placebos and its context in real-world applications of assessing the efficacy of a new drug.

Senior Ketty Liang, the historian of MedPanel, defined the placebo as an intervention that differs from the experimental treatment only by the active principle or component. She then explained the objective of the hypothetical scenario setup.

"We want to give [the placebo] to an experimental group to analyze the pharmacological effects of the drug on that group, and we don't want to give

treatment are."

Members were then asked to imagine this scenario from all three points of view to decide which option they would choose. There was a mix of responses among the four groups. One group reached a unanimous decision to recommend and join the clinical trial while another group had a split perspective on the issue.

Liang emphasized the crucial role placebos play in medicine.

"I believe that placebos are necessary to ensure that the results of a clinical trial or an experimental drug are reliable," Liang said.

As a result of the exercise, participants and speakers alike emphasized the importance of thinking about the ethical dilemma from the three different perspectives of physicians,

patients and researchers.

Freshman Naisa Rahman acknowledged the possibility of changing one's decision depending on the point of view that he or she takes.

"I liked how they had hypothetical scenarios where you had to put yourself in the position of the patient, the researcher and then of the physician and see if you would change your decision," Rahman said.

They also emphasized the weight that a physician's recommendation carries in terms of whether the patient decides to join the clinical trial and take the risk of being placed in the placebo group, or if he or she decides to take the standard treatment of care.

Junior Amy Clarke touched on the purpose of hosting MedPanel discussions for the Hopkins community.

"This discussion was about [whether] you are willing to take a gamble... with your patient's life when it comes to putting them in a clinical trial or keeping them on the standard of care," Clarke said. "It is about looking into the situations as a physician and thinking about how you would handle it since it is something that you will get into with medicine. These are the sort of things you don't really think about in a classroom setting here at Hopkins

since there are not as many classes that look into that."

Not only did the participants gain a lot from the meeting, but the leaders of MedPanel did as well. Senior Donghyun Kim, president of MedPanel, commented on how much knowledge he gained from the discussion.

"I thought this discussion would be short and quick because I thought the placebo trials were not that controversial," Kim said. "But we actually had a lot of great discussion. People had a lot of unique things to say that I never thought of. Every time I am surprised at what I discuss with participants since it always offers an unexpected and unique perspective."

Liang echoed these sentiments, drawing on the diversity of opinions that allowed the discussion sessions to flourish.

"I have really enjoyed hearing a lot of people's discussion on what they think is ethical and what they don't think is ethical, as well as about the different variables that affect one's ethical decision," she said.

MedPanel's mission is to promote dialogue about medical ethics, circulate its journal publication, help students practice for medical school interviews and build connections between students who have a passion for medical ethics.

NEWS & FEATURES

Panel explores racial tensions in Baltimore

By JACOB TOOK
For *The News-Letter*

The University's Student Outreach Resource Center (SOURCE) hosted a panel entitled The History and Institutions of Racism in Baltimore as part of the organization's Baltimore Week, an initiative aimed to celebrate the city's community. The event took place on Thursday, Oct. 6 on the east Baltimore campus. The three panelists, Steven Ragsdale, Elizabeth M. Nix and Matthew Crenson, spoke for an hour on the racism within Baltimore, placing recent local events in a global context and discussing the history of racial tension both in the city and in the U.S.

Steven Ragsdale, a historian and Baltimore native who has focused his research on local healthcare disparities, spoke about how Baltimore is behind in healthcare compared to the rest of America.

"There's not a lot of ways to get direct healthcare. We have more typhoid, it's a water based city. We used to have some of the biggest rats you'd ever want to lay eyes on. [Baltimore] boasts one of the highest HIV rates in the country," Ragsdale said. "Black men in the city have one of the highest prostate cancer rates in the country. From an environmental standpoint, we still have a lead paint problem. We have a host of health problems that come from Baltimore being an industry city."

He elaborated on how its shortcomings in health care directly impact the black community.

"At one time, Baltimore only spent about half what was necessary in public health and depended on private government issues to help manage population sickness," Ragsdale said. "It created a social dynamic where when African Americans were able to get healthcare, it was strictly through one vehicle. And that was the emergency room."

Elizabeth M. Nix, associate professor of history at the University of Baltimore, spoke about the problems in education that she has observed through her young children who attend public school in the city.

Nix talked about how white Americans often have the option to attend schools with predominantly white students, either by attending private schools or relocating to the suburbs. According to Nix, this leads to segregation in education which is still seen today.

"[Catholic schools] offer options for the white populations. And we were starting to talk about white flight, middle class flight. White people just move out of neighborhoods," she said. "In most cases, the racial switchover of an entire neighborhood from 100 percent white to 95 percent black takes place in less than eight-10 years here, because there's so many suburbs that whites can move into. They stay in the area, but they don't stay in the city."

The third member of the panel, Professor Emeritus in the University's political science department Matthew Crenson, has published several works that analyze the ideological flaws of the political system of the United States. Crenson studies urban

government and American political development.

Following the panel, Bradley Alston, the director of community relations at The Y of Central Maryland, thought that the discussion's presentation was very appropriate.

"I always like for conversations to be informed and open and honest," Alston said. "I think that those we have going forward should be like this so that we now what the past is honestly to discuss what the present is."

Freshman Grace Troy agreed that it is important for conversations about race relations and racial tension to be informed and open.

"Both sides need to be informed when talking about solutions to the problem, approaching it from an educated standpoint and making sure that the information is available to both sides," Troy said.

She identified that the discussion should be more accessible to the public. Despite being open to the public, the panel was hosted by the University's SOURCE and the audience seemed to be almost exclusively undergraduate and graduate students.

"It wasn't really open to the whole community," Troy said. "You get a skewed view, the educated person's view. While that is an important first step in getting the issue out there, it needs to be a generally more inclusive discussion."

Other members of the audience expressed similar frustration with the venue of the discussion. Lauren Hosterman, a first year doctoral student, acknowledged the importance of speaking about the issues but would like to see more effective action.

"It seems like we're doing a lot of talking," Hosterman said. "Not that this isn't important, but there needs to be more of a collaborative effort to actually do things."

Hosterman spoke to the way action can begin to take place on the ground level.

"The grassroots movement leads to policy change," she said. "Speaking from the voices of the people, you're coming from that community and you feel empowered to speak out and you have other people standing there with you. That makes the biggest changes."

Troy agreed on community change but does not think it will be enough to enact policy change.

"It needs to be both on the ground level and action from above that meet in the middle," she said. "General opinion of the people will hopefully follow legislation, but it doesn't always, so it needs a common ground in the middle."

Several members of the audience identified the importance of understanding personal experiences before engaging in an interactive effort to find solutions.

"Unfortunately, many people have had to deal with racism in their life," Troy said. "So past experience is going to dictate how they approach the current issue. If you have lived in a community where there's always been racism and discrimination by the police, you're going to have distrust of the police force. Personal experience definitely plays a strong role in how race relations go about today."

HONY inspires student photography groups

By KAREN WANG
For *The News-Letter*

The popular Humans of New York Facebook page by Brandon Stanton has inspired two similar groups on campus, Humans of JHU, which was launched on Oct. 1 and Humans of Hopkins, which began in 2014 but remained inactive from Oct. 2015 until Oct. 4, this year.

Humans of JHU is currently run by sophomores Sabrina Chen, Zi-Yi Choo and Calvin Qian, while Humans of Hopkins was created by Class of 2016 graduates Isabella So and Whitney Kim and is currently being run by junior Celina Lee.

Both groups emulate the style of Humans of New York by choosing, interviewing and photographing random individuals on the Hopkins campus.

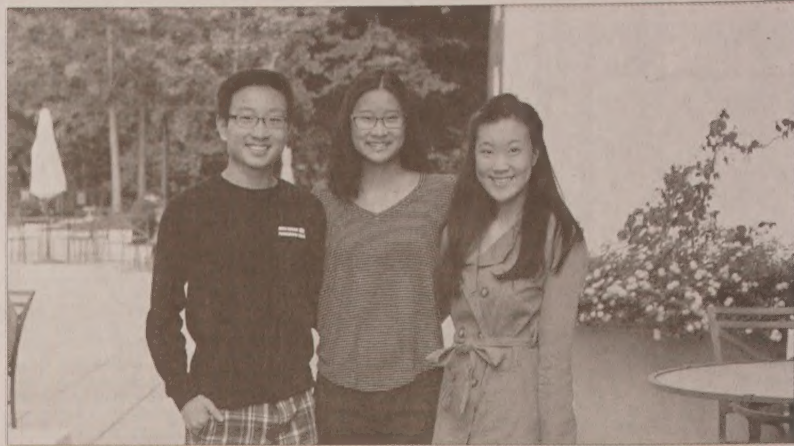
Choo discussed the role of the photo interviews in creating a community on campus of individuals with differing backgrounds.

"Humans of New York has had a tremendous and positive impact on our global community; Brandon Stanton, [founder of Humans of New York], brought a heterogeneous population together simply by sharing real stories," Choo wrote in an email to *The News-Letter*. "With Humans of JHU, we want to create an intimate community at Hopkins [and] we aim to connect diverse peoples and foster a community built on understanding the stories and experiences of others."

So spoke about how Humans of Hopkins hoped to replicate Humans of New York as a medium for storytelling.

"We were just inspired to take on the route that Humans of New York did because we found that at Hopkins, it was a very isolating experience to be there," So said. "Even now looking back at my undergraduate [experience], I believe that you compete with these people, you learn with them, but you don't know the stories they bring to campus, and we thought it was really important to kind of have a medium for which they would be able to express that and kind of share that with the community in a way that they weren't afraid to, and that they were ready to. They got to choose their own words, and they got to see it for themselves, so it was pretty great."

Both groups also highlighted the importance of being unbiased in choosing their inter-



COURTESY OF NICOLE CHENG

Humans at JHU founders, Sabrina Chen, Zi-Yi Choo and Calvin Qian, showcase campus diversity.

viewees. So spoke to the way their group tried to reach out to everyone regardless of their backgrounds, labels or affiliations.

"During this entire process lots of people would come up to us and say, 'Hey interview me, I have a really great thing I want to say,' and a lot of these times, it was people who kind of wanted to bring their stories forward for a purpose but what we found was it was best when we took [people's] stories very candidly and spontaneously because it became

"We aim to connect diverse peoples and foster a community built on understanding."

— ZI-YI CHOO,
HUMANS OF JHU

one was afraid to go out, people were just staying in their dorms, but she really interacted. I think that's the heart of what we did, being very bold in the way you want to learn about people. When you're doing this quote-in-quote interview, it's not really a one-way 'I ask a question you answer my question' [situation]. It was very much conversational."

So also spoke to the fact that their group allowed them the opportunity to meet Brandon Stanton.

"In addition to that, we met Brandon Stanton, the creator of [Humans of New York]. Right before he went on stage, he was talking to us and we were interviewing him, and we got to being buddies with him and we got a shout out," So said.

Humans of JHU, as a new group, is still developing the logistics of running the page and setting up their team.

Qian explained the group's current aims as it works to maintain a

steady stream of content. "Our goal right now is consistency. We are aiming to post at least a few times a week, but we also want each of our posts to be meaningful," Qian wrote in an email to *The News-Letter*. "We just don't want the page to go inactive for weeks when none of us have the time to commit to interviewing and photographing — we want our page to be active and dynamic. We hope to eventually expand our team in order to open this experience to others. We've gotten a lot of interest from people wanting to join, but at the moment we are still figuring things out ourselves."

As both pages are quite similar, Lee from Humans of Hopkins believes that there is a possibility of merging the two groups into one in order to avoid any confusion for students and readers.

"I would have to talk with the founders [of Humans of JHU about merging] but I don't see why not," Lee wrote in an email to *The News-Letter*. "It's kind of funny that we have two separate pages."

Choo from Humans of JHU also spoke to the possibility of the two groups working together in the future.

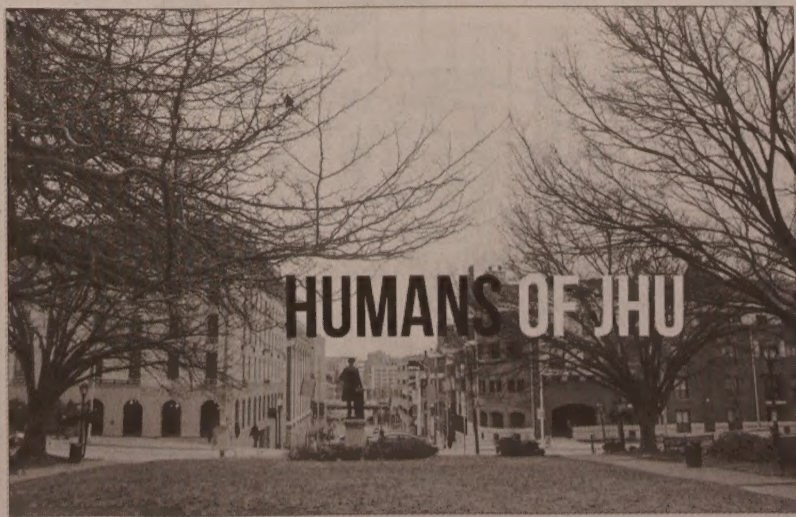
"Humans of JHU really wants to promote an open-minded and diverse campus, and the intention is to be inclusive to new ideas; it would be really cool to collaborate and work with people who have similar intentions," Choo wrote.

Both pages have been welcomed and positively received by students.

Freshman Mariah Harris reflected on how the pages work to build a more diverse sense of community on campus. "The stories make the face of Hopkins much more personal. It's a great way to gain perspective from the different experiences of Hopkins students," freshman Mariah Harris said.

Freshman Michelle Chiu echoed this sentiment, adding how the pages were a good way to learn about lives of others on campus.

"It's a super interesting way to learn new things about people, especially the vast number of students on campus who you haven't met yet," Chiu said. "It's a really great way to connect the community and learn a little bit more about others. I think oftentimes whatever you learn from that little bit of information that person gives reflects a part of the larger community's story. A picture is worth a thousand words, so if you combine the two, you have even more to say."



COURTESY OF HUMANS OF JHU

The new student group, Humans of JHU, is building campus community through their online presence.

NEWS & FEATURES

Students condemn Columbus Day, celebrate indigenous history



BJOERTVEDT/CC-BY-SA 3.0

Many indigenous people in the U.S. feel that Columbus Day celebrates the destruction of their culture.

INDIGENOUS, FROM A1 spoke about how the University's current diversity initiative does not extend to Native American groups.

"Hopkins' percentage of identified indigenous people usually ranges from about 0.1-0.2 percent, which, in comparison to the national population of 2 percent, is an institutional problem that we felt needed to be addressed," Bertalotto wrote in an email to *The News-Letter*.

Bertalotto believes that Native Americans have much to offer in terms of cultural and historical perspective.

"I think it is important that Hopkins shows an effort to combat these statistics. But also, we as a people are more than just statistics," Bertalotto said. "We offer a deep cultural and historical perspective of our people and our tribal communities, and love to share that with one another and with anyone interested in learning about it."

Students at the Indigenous Peoples' Day event wrote on Hassinan's poster that the European discovery of the Americas was not laudable due to the treatment of the natives throughout the history of colonization. Some also mentioned that it is unclear whether Columbus even knew that he discovered a new continent. The University does not officially celebrate Columbus Day.

In February this year,

Brown University faculty officially voted to rename Columbus Day as Indigenous Peoples' Day to promote inclusivity. The student group, Native Americans at Brown, conducted its first celebration this year.

Similarly, Hassinan is leading an effort to create an indigenous peoples' group at Hopkins within the Office of Multicultural Affairs (OMA). Although OMA currently has over 30 cultural groups, of which 16 are active, there is at this time no separate group designated for indigenous peoples and Native American students.

"We as a people are more than just statistics. We offer a deep cultural... perspective."

— JOSHUA

BERTALOTTO,
TUNICA-BILOXI
TRIBE MEMBER

15 to 20 people interested in joining and our plan is to work to identify and include more students as we progress," Bertalotto wrote. "I recently met with the new Dean for Diversity and Inclusion, Jamie Riley, and I have been met with great enthusiasm from OMA and its staff. They realize the problem that Hopkins' has previously had with identifying and including Native students and are very eager to work with Native students to rectify the problem."

Director of OMA, Joseph Colón responded positively to the efforts on campus to form a new group specifically for Na-

tive American students.

"The Office of Multicultural Affairs is supporting a group of students who reached out to us on creating opportunities for students who identify as Native American/American Indian/First Nations/Indigenous Peoples and allies," Colon wrote in an

email to *The News-Letter*. "Our office is excited for such an opportunity to be more inclusive within our community and allow underrepresented students to have a voice and engage in meaningful dialogue through programming efforts and meetings. OMA is dedicated to supporting our students as they embark on important work surrounding Native American/American Indian/First Nations/Indigenous Peoples."

Colon expressed his hope that the new group will provide a helpful support network for a commonly underrepresented minority group on campus.

"Our population of Native American/American Indian/First Nations/Indigenous Peoples has always been small, but our hope is that students, faculty and staff support this underrepresented community," Colon wrote.

"We hope this interest provides our students the platform to discuss pertinent issues, celebrate their ancestry and activate conversations on the current state of affairs for Native American/American Indian/First Nations/Indigenous Peoples."

Many Hopkins students voiced their united support for embracing the trend towards Indigenous Peoples' Day. Junior Juliet Villegas, a member of the OMA Executive Team, conveyed her firm support for the new movement.

"We should just celebrate Indigenous People's Day because Columbus did not discover the Americas. He colonized it. We celebrate the genocide of original people who lived here," Villegas said. "We constantly think of immigrants as one of the problems that we are facing, but unless you were one of those

people originally here, we are all immigrants."

Freshman Riya Rana, on the other hand, had not known of the holiday until recently when she overheard her friends referring to it. Afterwards, she started referring to the holiday differently herself.

"If you just called it Indigenous Peoples' Day, you celebrate the past and celebrate it in a different way," Rana said.

Junior Juliana Verracka believes that Columbus should no longer be taught as a historical hero.

"I think it's fantastic that there's an option to celebrate indigenous people instead of Columbus," she said. "We were taught that Columbus was a hero, but we were also taught that Native Americans were pushed out of their homes. It's disgusting that we teach children to celebrate that instead of indigenous people."

Hopkins welcomes autumn with Hoptoberfest

By SARAH Y. KIM

For *The News-Letter*

Hoptoberfest, a week-long event dedicated to fall-themed festivities and free giveaways, was held for the fourth time at Hopkins from Oct. 3-7. Arranged by the student organization of the same name, Hoptoberfest provided an opportunity for students to take time out of their schedules and celebrate autumn.

Freshman Maya Foster explained how Hoptoberfest was a source of relief and free food for busy, stressed students in the middle of midterm season.

"I got a chance to have free ice cream and make caramel apples, which I haven't done since childhood," Foster wrote in an email to *The News-Letter*. "I liked how they brought festivity to campus when it's hard to get into the spirit during midterms."

The kick-off took place at the Levering courtyard from 7 to 8 p.m. In addition to free food such as ice cream, Otterbein cookies and Dunkin' Donuts, students were able to get sparklers and shirts bearing the Hoptoberfest logo. The shirts were a cause for excitement for many students, and attracted long lines.

Shirts were distributed the following day at the Pumpkin Patch,



COURTESY OF KUNAL MAITI

Students gathered on the Beach for Hoptoberfest to unwind, eat food and decorate pumpkins with friends.

where students got to pick up pumpkins at the Beach and enjoy fall-themed food such as pumpkin pie and apple cider.

However, the demand for shirts surpassed supply and some of the students who came, such as Foster, left empty-handed.

"The handing out of the free t-shirts was really disorganized," Foster wrote. "People were pushing over each other just to get one. There was a limited amount of free stuff compared to the amount of people who came."

Sophomore Morgan Balster also found the distributing of free shirts to be chaotic but noted that it was worth it to get a shirt in the end.

"I thought the way they gave [the shirts] at the kick-off was poorly handled," Balster said. "They made us wait forever, then there was a massive mob of people, but it was worth it because I got one." However, the lack of shirts

and the huge lineups proved an unexpected bonus for some students like freshman Victoria Li, who went to get a shirt at the kick-off.

"My friends and I were made to dance to get a shirt," Li said. "So it was like a dance contest, and whoever danced the hardest got their shirt. I really enjoyed that."

Though the turnout for the events was large, some students had difficulty coming to the events they wanted to go to, as many of them were scheduled during late morning and early afternoon hours, when classes were taking place. Freshman A. Brandt Matthews wished that the events had been scheduled later in the day.

"The timing of the events was very difficult with my schedule," Matthews said. "The only reason I got to go to the Pumpkin Patch was cause I got let out of class a bit early. I had no midterms that week, but all the events were at the same time during the day. It was always when I had class, during the morning, and that was kind of rough."

Foster, who did have midterms during Hoptoberfest, was also able to make it to only a couple of the events.

"Maybe there could be more evening events, because that time of day doesn't conflict with my schedule as much," she wrote. "I wish we could have the event held over a month instead of just a week."

Hoptoberfest did fea-

ture events in the evening, some of which were not open to students under the age of 21, because of the inclusion of alcohol.

Two of these events were the mulled wine event, which took place at the Glass Pavilion, and the Beer Tasting event in the Gilman Atrium. These provided an enjoyable opportunity for older students such as senior Diana Lee.

"I'm no connoisseur of beer, but it was interesting to taste the different varieties," Lee wrote in an email to *The News-Letter*.

Hoptoberfest concluded with a concert by the pop band Parachute on the Beach on Friday afternoon. The turnout was large with students coming to hear the band or buy food from some of the food trucks present. Parents and family of students were also able to enjoy the concert, since it was the beginning of Family Weekend.

"[The most memorable part of Hoptoberfest] was definitely dancing front row in the Parachute concert with my mom," Li said. "She grabbed me and dragged me to the front and she made me dance. Also I know Parachute, so it was really exciting to see them play. I'd forgotten how good the lead was. It was just a really nice, relaxing way to spend a Friday afternoon with my parents and my friends."

Hoptoberfest staff did not respond to *The News-Letter* for comment by time of publication.

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NEWS & FEATURES

WJHU radio works to engage students

WJHU, FROM A1
of the student body," Danforth said. "When I first joined the club two years ago, everybody was like, 'I don't really know, radio, what do they do? Do they host shows in dive bars and do random stuff like that?' Over the past couple years, way more motivated kids have gotten involved and it's a growing organization."

Santore recalled how he became familiar with WJHU by accident and how promotional efforts have fostered change in the organization.

"I didn't know we had a radio show as a freshman until second semester because my roommate got a show. That was the only reason that I knew. That being said, I personally know that a lot of people who are pretty heavily involved in radio have been making an effort to publicize it more, especially this year," Santore said.

He also spoke about how WJHU has diversified the content of its radio shows over the years.

"If you read the show descriptions there's a lot more diversity in the shows now, which is interesting. It's not everybody playing music for an hour necessarily," Santore said. "When you have people talking about serious topics, talking about sports, rapping, it spices it up a little I think, which is important for the radio to have because it makes people more inclined to listen."

Through these efforts, awareness about the radio station has continued to grow among the student body, especially among underclassmen. As a freshman, Alexandra Walinskas has recently completed DJ training, started her show and is already considering her long-term commitment to the organization.

"WJHU is structured in a way that if you want to take initiative and get involved, you're totally supported in doing that," she said.

Walinskas thinks it is important to continue to raise awareness about the existence of the station.

"You really can make a tangible impact on the radio station, so I'd like to obviously keep doing my show, creatively develop and see what I'm going to do with that, but also on my own initiative I want to build more hype and awareness for WJHU," she said.

Recently, the executive board's efforts to engage the student body have included events both on and off campus. Danforth elaborated on these opportunities.

"The scope of the organization is extremely wide. We have editorial content and we put on music events that range from hosting a grilled cheese cook-off on the beach and blasting music at people who walk by, to actually bringing artists in to perform shows in venues in Baltimore," Danforth said. "We have bake sales for fundraisers, we offer DJing services to other clubs and

do stuff like that. There's a pretty broad range of things to get involved in."

Danforth argued for the perks of having a college radio station without restrictions or set content.

"I think that's actually one of the benefits of having it be a college radio station without any particular angle other than, 'we're just gonna let people do whatever they want,'" Danforth said. "It makes it interesting to listen to because you tune in, you can just hear... there's some person that feels strongly about this so they're just gonna put it out there."

Senior Ruth Landry, host of "BIG FUN" for the past four years, encourages students to take advantage of WJHU's events.

"Our shows off campus are awesome and cheap," she said. "We put a lot of work into that and it's really hard to get people to come off campus, but we always provide good methods of transportation that are easy to find. Uber's there, so there's no excuse not to get off-campus and go chill out with Hopkins students at hip clubs in Baltimore."

Landry, who also organizes the public relations for WJHU, further explained some of the difficulties the club has faced over the past few years.

"I don't think most people know that we have a student radio station and that's definitely what I've been doing on the PR end is getting people involved," Landry said. "[We're] mainly trying to get the word out there that we exist as a platform. It also is really hard since until this year you couldn't listen to us on the Hopkins wi-fi. It was incompatible for whatever reason and we had been trying to get somebody to fix it and no one did."

According to Walinskas, WJHU is not only committed to improving its external relationship with the outside community but also internally, within the organization.

"This year I know that the executives of WJHU

said that they want to bridge the gap between DJs and execs more and foster that connection, so that everyone associated with WJHU is familiar with each other and is sharing in the full experience,"

Walinskas said. "At the end of the day, everyone is supporting WJHU and putting positive vibes for WJHU out there which is pretty significant."

Landry reiterated WJHU's commitment to helping Hopkins students explore Baltimore's music culture.

"We just want to be a resource basically for not only good music nationally, but [also] encourage people to get out there locally because Baltimore has an incredible music scene," Landry said. "It's a shame that Hopkins students don't use it as much as we should."

Panelists talk consequences of U.S. election

HORIZONS, FROM A1
were on the rise long before anyone was aware of it.

"Things like anti-establishment movements, extreme-right political movements and dissatisfaction with the system is a global phenomenon. I feel people are starting to realize that now and equate it with what's going on across the Atlantic," Feuser said. "But it was a global issue during the primaries, it was a global issue before and I think that's only starting to hone in and come home for people now."

One question asked by the audience was how the European Union and American allies in NATO should respond to a Trump presidency. Jabko spoke about how Trump's unpredictability makes preparing for his presidency extremely difficult.

"I asked my friend in the French government now what they're doing in preparation and they're not preparing because they feel like they cannot prepare for a Trump presidency. I think what they'll do is react to whatever will happen," Jabko said. "It could be a president who could lead us to World War III. The other possibility is that the supporters in the Republican party of Donald Trump are supporting him because they hope to be the Dick Cheneys of Donald Trump."

Sophomore Lexie Botzum said she still hasn't fully absorbed the implications of Trump's candidacy.

"They talk about the personality in politics and we've definitely had celebrities in prominent political positions before, like Reagan was a movie



COURTESY OF SYDNEY VAN MORGAN

Students listened to Hopkins professors discuss the global ramifications of the upcoming U.S. election.

star. But they have also had previous political experience," Botzum said. "The fact that someone who has never been in a single office, has never been in bureaucracy, has a reasonable chance of winning the presidency is both horrifying and unprecedented."

Feuser is still trying to make sense of the phenomenon himself.

"I definitely think there's a historical wave that people will be able to look back on, realizing that it is as if reality has become distorted and that what we consider normal is no longer normal, everything is warped," Feuser said. "The whole machinery of the world order is being reinvented to some degree. I think people will look back at this time and say 'This is when people gave up on dreaming.'"

While many students believe Trump would be detrimental to the future of the United States as a leading world power, some students have a positive spin on things. Botzum is happy that the election has en-

couraged more millennials to get politically involved.

"This election has kind of become entertainment in a way that previous elections haven't. I know so many people who aren't generally politically engaged and know nothing about candidates and political issues, who will post articles about the election and will have discussions about it," Botzum said. "It definitely has made people more politically engaged. People who previously didn't care are following candidates and their policies."

De Vries believes that

the election is alarming and that it lacks one key aspect.

"When Obama ran as senator during his first campaign, he had at least two major contributions that were brought to the debates and could be spoken about in more detail," de Vries said. "One thing that one would say is not playing out in these campaigns, whether it's Trump's ambition to 'Make America Great Again' or Clinton's ambition to continue Obama's legacy and to improve upon it—none of it has to do with hope. Hope seems to be a concept



COURTESY OF SYDNEY VAN MORGAN

Professor David discussed Trump's inexperience in foreign policy.

SAIS launches Kissinger Center for Global Affairs

By KELSEY KO
News & Features Editor

In honor of U.S. diplomat and political scientist Henry Kissinger, The Johns Hopkins School of Advanced International Studies (SAIS) has launched the new Henry A. Kissinger Center for Global Affairs. The University has received a combined donation of more than \$50 million, with funding efforts spearheaded by former New York City mayor and University alum Michael Bloomberg, Kissinger's long-time friend.

Kissinger served as national security advisor and secretary of state under the Nixon and Ford administrations, and was a key figure in orchestrating major U.S. foreign policies involving the Soviet Union détente and Paris Peace Accords which helped to end the Vietnam War. The Kissinger Center for Global Affairs will work to apply strategic and historical analysis in order to solve contemporary international issues.

However, his negotiations and policy decisions have caused significant controversy, especially concerning his support for the Pakistani military's suppression of the Bangladesh independence movement in 1971. When Kissinger received the 1973 Nobel Peace Prize, two members walked out of the committee in protest.

test.

SAIS alum Ben Kupferberg believes that while Kissinger is indeed a controversial political figure, the new center will boost the reputation and resources available to students at SAIS.

"I think one of the strongest aspects of SAIS is the diversity of cultures, and with that the diversity of ideas. Regardless of your views on Henry Kissinger and his policies, this will only serve to reinforce intellectual discourse at a time of unprecedented geopolitical disorder," Kupferberg wrote in an email to The News-Letter. "The name alone will bring talented professionals and students to the school. This is the biggest donation in the history of SAIS, and I think the dividends are already showing with the hiring of about 12 new highly specialized professors."

Some of the new professors, for the institute include Niall Ferguson, the Diller-von Furstenberg Family Foundation Distinguished Scholar focusing on economics, finance and international affairs; Christopher Hill, the Wilson E. Schmidt Distinguished Professor specializing in European foreign policy; and Margaret MacMillan, the Xerox Foundation Distinguished Scholar whose research includes peace-making in World War I,

women in India and U.S.-China diplomatic relations.

Sophomore Caroline Lupetini acknowledged that public opinion about Kissinger is mixed.

"Henry Kissinger is a controversial figure in US Foreign Policy, naturally. People have certainly called him a war criminal, and certainly his actions in influencing Chile and the circumstances surrounding Pinochet's coup to power are deeply troubling for any student of international relations," she wrote in an email to The News-Letter.

However, Lupetini and other students commented that they are not surprised that center will be named in Kissinger's honor, considering his contributions to U.S. foreign policy. She is proud that the new center will be established in his name.

"The fact of the matter is that Kissinger is the leading figure of US Foreign Policy in the 20th century, period, full stop. His work with détente in the Soviet Union, opening US relations with China, and negotiating the Paris Peace Accords to end the Vietnam War are probably three of the most significant foreign policy events of our nation's history," Lupetini wrote. "He's an obvious choice for whom to name the center after, and honestly I'm pretty proud to be associated with a center with Kiss-

inger's name on it."

Danny Jeon, a five-year BA/MA student at SAIS, spoke about how the decision to honor Kissinger in the title of the new Center for Global Affairs is actually aligned with the institution's history.

"I am not really surprised that the new global center was named after Henry Kissinger. Even the official name of SAIS is Paul H. Nitze School of Advanced International Studies. What is common with Paul H. Nitze and Kissinger is that they practiced realism when conducting foreign policy," Jeon wrote in an email to The News-Letter. "Both figures were significant in shaping the course of Cold War marked with stark realism of foreign policy. As SAIS really emphasizes the aspect of realism in its courses, I am not surprised that the center is named after Henry Kissinger himself."

As for the future of the Kissinger Center for Global Affairs, Jeon hopes it will provide new ways for SAIS students to expand their understanding of international studies.

"While SAIS really emphasizes on the aspect of policy and practices, it really lacks the theoretical IR part," Jeon wrote. "In terms of impact, the center is supposedly trying to bring more long term strategic planning and theoretical IR to the institution. I hope it really does."

NEWS & FEATURES

BSU vigil provides forum for reflection



COURTESY OF EDA INCEKARA
Black students and allies gather to remember victims of police brutality.

By **MEAGAN PEOPLES**
Voices Editor

The Black Student Union (BSU) hosted a vigil outside of Brody Learning Commons on Sunday evening in support of the Black Lives Matter movement.

Students stood in a circle outside and lit candles to show solidarity with the movement. Participants were invited to a microphone to share their personal stories and read aloud works of poetry representative of the black experience.

In addition, the BSU had prepared posters and banners for students to contribute their thoughts.

Senior Tiffany Onyejiaka, president of the BSU, explained the reasons behind the organization's decision to hold a vigil during her opening remarks at the event.

"We wanted to let you know that we are hosting a vigil today rather than a demonstration because we wanted to provide a space where we could just talk about the individuals... that these individuals that died were not just hashtags, they were human beings who had lives and families and connections that are no longer here," Onyejiaka said. "[The victims] had families, jobs, networks, communities that will be forever changed by their unjustifiable deaths and we think it's important to focus on that and remember that."

She also emphasized how systemic racism was also present on campus.

"No black individual is safe from systemic racism, even the black people here at Hopkins are not safe," Onyejiaka said.

The vigil began with the reading of 29 names of black Americans who had been victims of police brutality since January 2016. The specific names chosen highlighted the night's emphasis on intersectionality. The reading was followed by a moment of silence.

Onyejiaka also spoke to the widespread police brutality across America in her introductory remarks.

"There have been more than 200 black individuals killed [since January 2016], so we will not be reading each and every name, but we wanted to read you the names of individuals that span different demographics and identities because this epidemic of police brutality affects black people with all ages, abilities, orientations, gender identities and ages," Onyejiaka said.

Students were given candles at the start of the event and stood in a circle listening to speeches, poems and stories.

Among the authors sampled were Maya An-

gelou, Malcolm X, Big K.R.I.T. as well as other original pieces written by students.

Attendees of the vigil were encouraged to come up to a microphone and share their own thoughts, personal stories and poetry concerning the black experience and racial tensions.

Senior Jonathan Brown, a member of the BSU, explained why he attended the vigil and touched upon how the vigil's open forum style served as a cathartic experience for him.

"I think this is one of the opportunities where we can vocalize our anger and our sadness and our frustration, that's why I came. This is the first time I've actually cried at Hopkins in two years and it was very therapeutic," Brown said. "You need something like the BSU to have these events so you can speak in a safe space and let loose all your emotions."

Brown also compared the vigil to the Black Lives Matter Demonstration which took place on Friday and noted how the vigil offered a greater chance for spontaneity in expressing the feelings and emotions of individuals reflecting upon the black experience.

"It was a great showing, great opportunity and nothing compared to the event that happened the other day," Brown said. "Nothing was scripted in terms of the non-poem reading portion. [It was] very organic, and I think that was part of the emotion that I felt too... You need [something] like the BSU to have these events so you can speak in a safe space and let loose all your emotions."

Sophomore JoJo Castellanos felt that the event was a success and spoke about the need for support between people of color at Hopkins.

"I know that Hopkins may not be necessarily the most welcoming place for people of color, so to stand in solidarity with them and know that I am here for them and that they are here for me is so important, because we have to support each other through whatever circumstances," Castellanos said.

Onyejiaka closed the vigil by thanking students for attending and for supporting the Black Lives Matter movement.

"Most importantly remember that black people are humans and that black lives matter and that, whatever you are doing to support the cause matters no matter how small you think it is," Onyejiaka said. "So to everyone who came out, from the bottom of our hearts we say thank you."

Students, faculty and staff demonstrate for BLM

BLM, FROM A1
top priority to strengthen trust and communication between groups, so that underrepresented voices in our community can be heard... At the beginning of the year, SGA decided as a group that mental health, diversity and inclusion, and school pride and spirit would be our top priorities for the year."

Anna Du, executive vice president of SGA, further emphasized the importance of addressing racial inequality.

"It's really important that we rise to stand up and support each other and share our experiences without fear, because fear is equal to silence, and silence doesn't lead to change," Du said.

Corey Payne, co-chair of the Hopkins chapter of Students for a Democratic Society (SDS), criticized SGA for showing up to the school-sponsored demonstration while neglecting to attend the vigil hosted by the Black Student Union (BSU) on Sunday evening.

"I found their comments to be ignorant of the real issues facing students at this campus and those being dealt with by the larger Movement for Black Lives," Payne wrote in email to *The News-Letter*. "I'm glad they were there, but it would be nice if they showed up to demonstrations and vigils that weren't university sponsored, or if they showed

students and faculty who are willing to put in effort and work towards a solution," Retta said. "We want to make sure people are aware of the steps being taken to resolve these issues, and I hope that this will build a community that's united and diverse."

Retta also elaborated on her frustrations with the current state of racial injustice in America.

"There's been a lot of shootings and killings of black men all over the news, and it's been very overwhelming to take that in and see that people are just being killed because of the color of their skin... to see that nothing is being done to fix that," Retta said.

Retta spoke about the emotions she felt because of the lack of change on an institutional level.

"It angers you, it frustrates you, and it hurts to see that repeatedly all over and over again and there's no change happening," she said. "And so it's important for people to recognize that."

Lior Willinger, a graduate student at the Pea-

"There's been a lot of shootings ... of black men all over the news and it's been very overwhelming."

— **NAZRAWIT RETTA, SOPHOMORE**

body Institute, was struck by the warm reception that the demonstration received.

"I was overwhelmed with how supportive the people going by were, all the cars honking, the thumbs-up from someone in their car, and I think it was a powerful feeling to be a part of something that unified us as a whole," Willinger said. "If we can expand on this then we're really headed in the right direction, because this felt important."

Hopkins graduate student Ted Frederic echoed Willinger's sentiment, praising the unity shown at the event.

"I'm just overwhelmed to be here in the community of the student body and by the support that we had from many peo-



COURTESY OF KUNAL MAITI
Students lined N. Charles Street, stretching from the sculpture garden to the Beach.

ple who came by from all different backgrounds. That's the most important part," Frederic said. "I'm glad that we did this, and hopefully we can continue."

Sophomore Giselle Ruiz noted how the demonstration was an opportunity to understand the trials of others.

"Black lives matter means equity for all. I love seeing people come together for peace," Ruiz wrote in an email to *The News-Letter*. "The demonstration was an emotional experience. It teaches you empathy and allows people to look at a situation from a different point of view."

Freshman Kendall Free appreciated how the University is making an effort to provide organizations and programs to support underrepresented minorities on campus.

"I haven't participated in a protest before, but I thought that this was a really great way to get involved in the Movement for Black Lives," Free said. "I found that Hopkins has a lot of structures in place. I was in a Pre-O for underrepresented minorities who are pre-med, so I just feel like Hopkins is trying to do something to reduce the disparities with minorities in higher education. I just wanted to support that kind of movement, and that's why I came out."

Carla Hopkins, the assistant director for OMA, believed that the event served as a significant display of solidarity.

"I would say the demonstration was a great success, because I think that sometimes we think that the Hopkins community doesn't care, or that we're isolated or that we don't think deeply about racial issues," she said. "So I think the visual of having a process of the Johns Hopkins community coming

together dispelled the notion that we don't collectively care about the things that are happening in our nation, the issues that are happening in the city and the issues that are happening on our campus."

Vice Provost for Student Affairs, Kevin Shollenberger commended the diverse array of Hopkins affiliates in attendance at the demonstration.

"I thought it was a terrific turnout and was really pleased to see not only the turnout of the students but also the staff and faculty here," Shollenberger said. "It was nice to see it bring all these different segments of the community together."

Shollenberger reflected on the gathering's significance to him.

"It was just important for me to come out and support the students and community. It has a lot of personal meaning in my life because I come from a multi-racial family, so it was just important for me to be here," he said.

Carla Hopkins also praised the attendance of staff and faculty at the event.

"I've never seen so many different types of faculty and administrators and just staff people from all levels of the Hopkins community and in every working capacity," she said. "I think that it was a really great representation not just of students, which I think is nice, because then the entire community shows that they support one another regardless of title, regardless of positioning. We're in it together."

Not all reactions to the demonstration were praiseworthy. Payne, recognized the efforts of the University in supporting the BLM movement but criticized the hypocrisy of the University portraying itself as an ally for black lives while at the same time perpetuating racism.

"I give a lot of credit to OMA and the new dean for diversity, who have been great allies," Payne wrote in an email to *The News-Letter*. "But this is a university that continues to exclude and ignore black voices on campus, that continues to exploit and dispossess black Baltimoreans and that refuses to acknowledge its complicity in any of it. No doubt the event was a beautiful act of solidarity. But an even more beautiful act would be the recognition of the University's real problems dealing with racism and white supremacy and a commitment to reversing the damage that has been done."



COURTESY OF KUNAL MAITI
The demonstration on Friday was organized by the University's Center for Diversity and Inclusion.

NEWS & FEATURES

Hopkins community celebrates Diwali, the Hindu festival of lights



Several Indian dance groups performed at Diwali on Saturday to celebrate Indian culture.

By **KAREN SHENG**
Staff Writer

The Hopkins Hindu Student Council (HSC) hosted Diwali Dhamaka in the Rec Center to celebrate this year's festival with the Hopkins community. The event took place on Saturday evening, Oct. 8.

Diwali, translated from Hindi as "festival of lights," is a five-day ancient Hindu festival celebrated in autumn. It signifies the triumph of light over darkness and hope over despair. It is celebrated in India, Nepal and several other countries with Indian populations.

Rituals include fire-works, a feast and the lighting of candles or lanterns which are then placed on rooftops, in temples and outside doors and windows.

HSC's Interfaith Center Representative, junior Vignesh Sadras, spoke about how Diwali is meant to bring the community together.

"The main aspect of this festival is to celebrate the victory of unity over separation, and that's embodied in so many different ways and that's practiced in a lot of different cultures in different ways. So that's the core of this festival," Sadras said. "The main motive that gave us the energy to do this is that we see this event as a way to bring the community together, because it's not really restrictive to a certain religion or culture. It's a celebration of light over darkness and unity over separation."

Freshman Sindhu Banerjee, who is also an HSC member, elaborated on the significance of the event to both the student body and Indian Americans at Hopkins.

"The first purpose is to get the whole community aware — meaning that even if you're Hindu, come celebrate with us, come enjoy the festival of lights, come get some great food and come watch some great performances. And the second one is kind of like sharing our inner culture," Banerjee said. "The festival of lights is showing this true light inside of you. For example, the phrase 'namaste' means 'the light in me bows to the light in you,' so we're kind of sharing that as well. That's our secondary goal."

This year's Diwali Dhamaka featured a free dinner, open dancing, sparklers and a photo booth. Activities included demonstrations on how to tie a pagdi, which is the traditional Sikh turban, and how to tie a sari, a draped garment worn by women.

The University's Indian dance groups, including Blue Jay Bhangra, JOSH, Zinda, Shakti and South Asian fusion a cap-

ent parts of Indian culture. But one of the things that unifies us is this festival. That's the reason we're here; That's why all the different Indian groups are doing their own thing

here," Trivedi said.

Junior Deesha Bhaumik is a member of Shakti, which is the first competitive Indian classical dance team at Hopkins. She enjoys performing and watching the other dance groups.

"Traditionally it's a fun event, there's a lot of dancers, so since we're the Indian dance team, it's just like a normal thing that we would do. We do it every year," she said.

In addition to performances by dance groups, there were class dance performances by the freshman, sophomore,

junior and senior classes. Sophomore Rahul Naik spoke about the class dances.

"They're not dance teams. They took their own time and energy to put together dance routines," Naik said.

Reactions to the event were positive, with students saying that they were drawn to it because of the free food or because they wanted a chance to celebrate the holiday while in college.

"I'm Hindu and it's part of my culture. When I'm at college I don't really get to experience that much of my culture as I did at home, so I like to come here and see everyone celebrating. It's a good event to come to," sophomore Shipra Khatri said. "Being at home I get to be with my parents, so like obviously with my family it's different. But I like it here because I get to experience it with my friends, which is something I don't get at home."

Freshman Erika Bhadra echoed the sentiment.

"My dad is Indian, so I've definitely been to events like this at high

school and before that as well, and to do this at college was pretty cool too," she said. "[A]t home [Diwali] is usually a group event where everyone dances, not really like having different groups perform. But seeing here how people put time and effort into choreographing dance routines, that was interesting. So it was different in that aspect, but pretty similar in terms of everything else."

Other students who were not familiar with the cultural context wished that there was more information geared towards educating people about the festival.

"I wish there was a little more information about Diwali. I don't know if there is, if I'm just not seeing it, but it's cool that they're educating people that Diwali exists," senior Lydia DuBois said.

Sophomore Anastasia Miller thought the event helped her become more culturally aware.

"I don't think there was that much education on their side but I kind of brought somebody that I know that has more of an understanding of it and I feel like at least on my end I've got a bit more of a cultural influence," she said.



Indian cuisine was also featured at the festivities in the Rec Center.

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VOICES

Hopkins is a diverse university, where an incredible mix of cultures, academic interests and personalities coexist and thrive...

Music to celebrate the LGBT+ community

The unlikely history of peanut butter and jelly



Juliana Veracka
The Playlist

As some of you may know, Coming Out Day was Oct. 11, and therefore I decided it was a perfect time to celebrate the LGBT+ community. I want to honor the community by including songs by out artists that may or may not be directly about the experience of being gay, lesbian, bi, pan, trans, etc. And I also want to remind my fellow members of the community that it's okay to not be out! It's also okay to be out to some people and not others! What's important is that you feel comfortable with yourself, and that you stay

safe. Sometimes coming out isn't a part of that plan, and it's all right. No matter what, we can all enjoy the following songs by non-straight/non-cis artists.

"Girls Like Girls" — Hayley Kiyoko. This song is absolutely gorgeous and is about, as you can tell from the title, girls who love girls. It's a positive song that celebrates women who are attracted to women and comes along with a beautiful music video that you all should watch. Aside from this song, Hayley has released a music video for her song "Cliff's Edge" that features herself with a female love interest, and her recent EP *Citrine* includes fantastic songs about loving girls as well. The internet seems a bit confused as to whether Hayley is bisexual or lesbian, but she is certainly attracted to women and not afraid to show it!

"Battle Cry" — Angel Haze (feat. Sia). This is a really triumphant song about overcoming struggle and finding success. It's very

powerful, and although not specifically about the experience of being non-straight/non-cis, one can certainly take heart from its lyrics regardless. Angel Haze identifies as pansexual and agender. Angel, who has said they don't really care what pronouns people give them, proudly does not ascribe to any gender at all.

"for him." — Troye Sivan. This is a love song that's meant to be for boy, and it's beautiful. Troy Sivan is an openly gay YouTuber and musician whose music and videos often reflect his sexuality, and the entire album *Blue Neighborhood* is really worth checking out.

"New Americana" — Halsey. You may have heard this song on the radio; I believe it made it to the airwaves after the release of Halsey's album *Badlands* last year. On the whole, this song is about being different, daring and young in America. One verse refers to a male football player who marries another man. Halsey

is openly bisexual. Check out her music video for the song "Ghost," which features Halsey with a female love interest.

"Radio Friendly Pop Song" — Matt Fishel. Ever notice how very few songs that are obviously L G B T +

make it to the radio? Matt Fishel noticed, and in this song he sings about his frustrations as a gay artist who wants his lyrics to be true to his identity in a world that might not buy music that is overtly gay. He also points out the lack of representation in mainstream media as a whole.

"Talking Transgender Dysphoria Blues" — Against Me! This song is all about the experience of being trans, particularly in relation to dysphoria. The singer, Laura Jane Grace, is a trans woman whose lyrics often deal with her identity, transitioning and what it's all like.

"She Keeps Me Warm" — Mary Lambert. This gorgeous song was sampled in Macklemore's "Same Love." It's about a girl loving another girl, and it's also about being who you are in the face of a society that wants you to change. Mary Lambert is an out lesbian who often sings about sexuality, body image and other important topics.

"Everyone is Gay" — A Great Big World. A fantastic song to listen to on repeat, "Everyone is Gay" is an uplifting, fun song about accepting yourself and the importance of accepting one another. Group member Chad King came out as gay when AGBW released their song "Hold Each Other" in which King's lyrics switch the pronouns from "she" to "he."

I hope you all enjoyed this playlist, but more than that I hope you've been inspired to seek out songs by more LGBT+ artists, if you haven't already. There are so many LGBT+ creators out there, and it's important that we give them the attention they deserve. I know I'm always open to suggestions!



Meagan Peoples
Ignorant in America

Everyone has their little ritual for dealing with stress, whether it is running, taking a shower or sitting in the dark under your desk eating spoonfuls of peanut butter straight from the jar. I realize that last one is probably fairly specific to myself.

What I am trying to get at is that, I've been thinking a lot about peanut butter lately, and in particular that simple American classic, the peanut butter and jelly sandwich.

If you delve into the history of this bizarre little sandwich, you don't actually come up with much. That's because it hasn't been around for a very long time. No one actually knows where the concept originates from, but it's believed that it started gaining popularity around the 1940s with the first written account of one only going back to a 1901 cookbook.

And yet people are so weirdly passionate about how they take their PB&J. Everyone has an answer to how the sandwich should be cut, what type of jelly you should use or whether or not crustlessness is essential to the sandwich experience.

People are constantly trying to reinvent it in new ways: deep fried, with bacon, between two donuts. It's hard to go a week without hearing about one. So how did this all American treasure come to be?

As it turns out, peanut butter was once considered a delicacy. This is in contrast with today where it's mostly just a thing college students eat when they can't afford unprocessed proteins. (Yeah, Mom, I totally have a balanced diet.) Turns out the term, "fine food" really just means, "expensive food." As soon as peanuts and their butters started being produced on a mass scale for the general public, no one really cared to eat it in fancy New York restaurants.

And while it may have been the end for peanut butter's high rolling life, it would soon come to meet jelly.

But before then, America would go through it's Great Depression. Peanut butter, which was dirt cheap at that time, became a common staple in the American household. People would spread it on their newly invented presliced bread and eat it as a filling, cheap meal. Who knew that I had so much in common with Depression-era Americans? But how did jelly come into this equation?

Jelly, which has been around basically forever, as historians say, didn't really meet its match until that classic romantic comedy backdrop: World War II. Included in soldiers' rations packs were bread, peanut butter (which had become cheap enough for America to send to her soldiers) and of course jelly. I think you see where I am going with this.

Surprisingly no one at the time decided to chart the popularity of this sandwich, as everyone was likely unaware that it was about to become an integral part of American culture and one day be sung about by an internet banana much to the disappointment of everyone listening.

So it is actually unclear when peanut butter and jelly became a common sight, but it is theorized that men and women returning home from the front lines brought the idea back with them.

Since that time, however, few children have grown up without getting at least one of these classic sandwiches in their lunch boxes. Of course, the mystery still remains as to why the PB&J specifically has become such a staple of American culture. They are up there with apple pie and hot dogs for the things that I think of when someone says, "American food."

An egg salad sandwich could never inspire quite so much nostalgia the way a PB&J can. I can safely say that I have never gotten in an argument over any other sandwich. But if I see you, walking around like it's no big deal, eating peanut butter with strawberry jam, I will have no choice but to tell you that you're wrong.



DOMINIK STUHLER/CC BY-NC 2.0

Angel Haze is a prominent LGBT+ artist who identifies as pansexual and agender.

America should not use torture as an interrogation tactic



Alicia Badea
The Political Compass

Torture: the kind of horror you might see in movies about alternative dystopian realities, authoritarian regimes or a particularly gruesome episode of *Breaking Bad*.

It is also the kind of horror embedded into the very contemporary history of the United States.

The *New York Times* recently published an article entitled "How U.S. Torture Left a Legacy of Damaged Minds," by Matt Apuzzo, Sheri Fink and James Risen, detailing a number of specific cases in an effort to represent the human rights abuses across the board. The information, according to the *Times*, is the condensed version of a compilation of cases, court records, military transcripts and medical assessments.

The use of torture, particularly sanctioned torture, by the C.I.A. and U.S. military began in the wake of 9/11, with all the fervency of righteous-

ness. America would right the wrongs committed against it and bring terrorists to justice. Of course, it wasn't called torture. Yet as the *Times* article describes, these methods of "enhanced interrogation" often yielded nothing but an irreparable damage of the psyches of its victims.

"At least half of the 39 people who went through the C.I.A.'s 'enhanced interrogation' program, which included depriving them of sleep, dousing them with ice water, slamming them into walls and locking them in coffin-like boxes, have since shown psychiatric problems," *Times* reports. "Some have been diagnosed with post-traumatic stress disorder, paranoia, depression or psychosis."

The gruesome details do not end with those specific thirty-nine people.

"Hundreds more detainees moved through C.I.A. 'black sites' or Guantánamo, where the military inflicted sensory deprivation, isolation, menacing with dogs and other tactics on men who now show serious damage," the *Times* writes.

Perhaps it is difficult for some to imagine the prisoners of Guantánamo Bay — or any of the C.I.A.'s eight other secret detention centers — as victims of anything but the con-

sequences of their actions. Yet it is no secret that a number of detainees were innocent (their identities mistaken sometimes for someone else's) or later proved to pose minimal threat. But even if guilt did implicate the rest of them, is that a reason for torture?

Forget for a moment that torture isn't effective, that it often doesn't extract any useful information. Forget that it induces people to fabricate details. Forget that by impairing a person's mental state, the U.S. actually complicates the trial process and hinders the arrival of that justice America claims to long for.

Even setting aside the practical objections, although whether these should take precedent over the moral ones is another question, the justification for torture collapses. For how could there be any legitimate justification? Ultimately, torture is the destruction of a person's dignity. Could there ever be a reason for that?

Amongst all this, let us not forget that torture, under both domestic and international law, is a crime.

It is a human rights abuse. The United Nations Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment went into effect in 1987. Yet the U.S. has been torturing people since 2001.

What was there to be gained from torture except a manifestation of our own inhumanity? What did we prove to the world by being cruel?

America has long exalted itself as the bastion of

Ultimately, torture is the destruction of a person's dignity. Could there ever be a reason for that?

democracy, of freedom. We espouse lofty ideals. We speak constantly about our rights, and woe befall anyone who threatens them, especially those protected by the Constitution. Yet, do those rights not extend to others? Does the right not to undergo "cruel and unusual punishment" only apply when Americans are concerned?

America portrays itself as the paradigm of idealism manifested into reality. Our C.I.A. and our military committed human rights abuses, the same abuses we so vehemently oppose in other countries. We are Amer-

ica, still one of the most undeniably powerful nations in the world. Who will hold us accountable if we don't hold ourselves accountable for our wrongdoings? Who will address our human rights abuses?

We have taken steps, certainly, away from the clandestine horrors of those years. President Obama banned "coercive questioning" by executive order in 2009. Guantánamo's population is down to 61. Last year (though only last year) the Senate voted explicitly to disallow the use of torture by any government agency. Steps, but baby steps. And ones which Donald Trump, if elected, promises to unravel. Yet they are, simultaneously, ones which we cannot retreat backwards.

It is difficult and uncomfortable for us to acknowledge the moral transgressions our government has committed. Yet these are violations we must speak about, which we as a country must attempt to remedy. The Austrian essayist Jean Améry writes, "Whoever has succumbed to torture can no longer feel at home in the world." The international community decided decades ago that torture was a crime. It's time we lived up to that standard.

VOICES

Here is the section where you can publish your unique thoughts, ideas and perspectives on life at Hopkins and beyond.

Why I prefer the Canadian healthcare system

Emma Lee
Guest Columnist

Sorry, I can't hear you over my free healthcare. Needless to say, there are massive differences between the Canadian and American healthcare systems. However, contrary to popular American (and Canadian) belief, healthcare in Canada is not "free" in the all-encompassing way Canadians tend to brag about. Canada has the single-payer tax system where all citizens are covered to a minimum requisite by the government with additional services (e.g. drugs, dental, fertility, physiotherapy, etc.) paid out of pocket or by private insurance. The U.S. has a jumble of mostly private healthcare that encompasses quite a spectrum of quality and cost. But this kind of information doesn't quite capture the culture shock of transitioning between the two systems. As a dual-citizen, here's a sampling of some of the fun times I've had in under both healthcare systems.

USA Menactra: I could have gotten the meningococcal 'meningitis vaccine for free while in high

school in Canada but decided to wait due to an adverse reaction concern from previous vaccines. This was a mistake, because I paid \$127 to get it at the Student Health and Wellness Center (HelWell) only to be told my insurance would not cover it because the vaccine was covered under my plan only if I went to their clinic in White Marsh, Md.

Canada syncope: Once, I went to a two-day wrestling tournament while I was extremely sick. Frankly it was a horrible idea, but I was young and stubborn and apparently very good at downplaying the fact that my lungs were not working. In the middle of the night, I had a massive fever and called our team medic, only to pass the heck out while trying to open the door for her. I was taken to the hospital, where they did a full electrocardiogram, just to make sure I was actually passing out from dehydration/exhaustion rather than a more serious heart condition. I was then rehydrated with Gatorade and sent home. Cost: It was a few bucks for Gatorade and gas. Lesson learned: When deathly ill, stay home.

USA syncope: A few years ago, I was visiting Boston with my mom. As

we were leaving for the airport, I suddenly felt dizzy and tried to sit down but didn't make it before I fainted. A bystander freaked out because he thought I was having a seizure. (Fun fact: It's quite common for someone experiencing normal fainting to have a few jitters/eye rolling that may be mistaken for epilepsy.) I was shuttled to the hospital in an ambulance and settled in the pediatric unit for a basic blood test. I was then scolded for not keeping myself more hydrated by this tiny white-haired doctor with the strongest grandma vibes, diagnosed with a 24-hour virus that would blow over in a few hours and given a half-can of ginger ale and Goldfish crackers.

The bill amounted to just under \$2,000.00. Lesson learned: Do not go to an American hospital unless you are about to die or have several thousand extra dollars. Definitely don't take an ambulance.

Canada ankle sprain: I rolled my ankle for the nth time and went to the hospital to have it checked out. The doctor noted on my record that I had hospital visits for rolled ankles n-1 times, did a bit of probing and range-of-motion testing on my ankle and then told me I did not need an X-ray. She pointed out that ankle sprains and breaks of mild severity are actually treated the same way and that at the rate I was getting injured, I would be accumulating more X-ray radiation exposure than was worthwhile. Cost: It was about \$70 for an air brace, a pair of crutches and a moon boot. Lesson learned: X-rays can be used with discre-

tion, radiation is real.

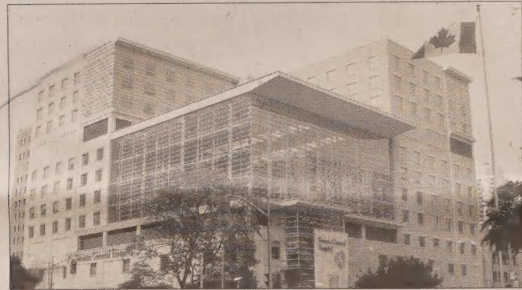
USA ankle sprain: I sprained my ankle (AGAIN) rock climbing at the Rec Center and got HE-ROed to Union Memorial. I tried explaining that during previous ankle injuries, the doctor had been able to assess general severity without any diagnostic scans. The doctor's exact words were: "Ha, nice try. You have to get an X-ray."

This was also the time MedStar had their computer system hacked, so the doctor wasn't able to pull up the X-rays of my foot as normal. I understand their computer system was down, that's fine. But I wasn't even able to obtain the pictures of my own foot digitally or by CD because "the CD burner wasn't working."

Cost: \$200 after insurance kicked in. I don't want to think about how much it was originally. Lesson learned: Be aggressive about prioritizing your best interests and know your legal rights as a patient.

My perspective is based only on my experiences with relatively minor afflictions, where Canada wins by a large margin. This is not to say the Canadian healthcare system does not have issues like the high personal cost of managing chronic diseases and the months-to-years-long wait-times for some specialized services are key points where Canada needs to find a better solution.

However, for a relatively healthy, young individual such as myself, it's not only the cost of care but also the culture of care in Canada that helps to make me feel like a citizen rather than a money cow.



NANOMED DREAMS/CC BY-SA 2.0
Basic medical care in Canada is generally cheaper than in America.

A look into the probability of me failing math



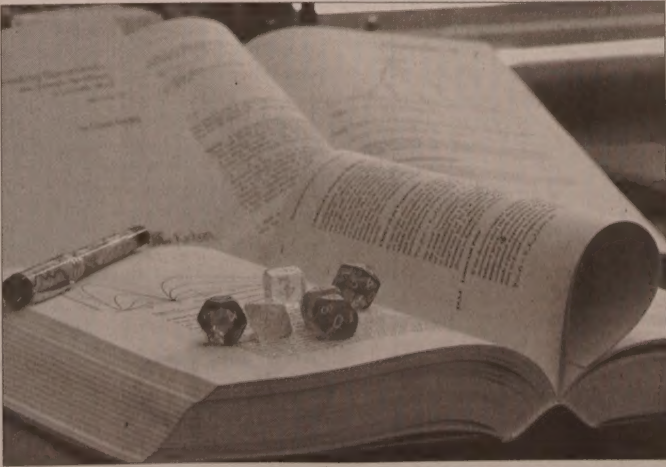
Sudgie Ma
Math Problems

Despite the fact that I'm technically taking eight credits worth of math this semester, the only real math I've been doing so far is calculating the minimum scores I'll need to get C's under covered grades. As you can probably tell, I gave up on Dean's List about a week into classes. Everything related to my life somehow ties its way back to math nowadays. For example, this article is being frantically written after an intense Monday night Calculus III PILOT session. Speaking of PILOT, I thought it was supposed to be for people who needed extra help for Calc III, but it seems more like a session for people who already know the material to do more math. After all they probably feel like there's a shortage of problems for them to do. The complete problem set for Calc III is never posted by Monday. (The professor also didn't post a practice midterm until two days before the exam. I can relate to her tendency to procrastinate). Thankfully not all math news is bad news: I don't

have to drop Calc III or Introduction to Probability. (Is that really good news, though? I haven't gotten my Probability midterm score back yet, but I managed a 25/30 on my Calc III midterm despite forgetting how to calculate the Hessian matrix, which was on two problems (out of five). If you didn't understand that sentence, it's okay. Trust me, I don't know what a Hessian matrix is either. Actually, I don't understand what a matrix is. I just remember that the first *Matrix* movie was amazing, but the others were okay. You're probably wondering why I'm even complaining about my grades. 25/30? That's 83 percent (see, math). Well, just for reference, the average was over 27/30. I thought for sure I was going to fail the test, because I guessed on over half of it. I'll be eternally grateful to my TA for his generosity in scoring. I didn't appreciate him before, because he told me to read the textbook the one time I asked him a question about the

homework. But hey, if I get enough partial credit to bump me from the 20/30 I deserved to a 25/30, I'll gladly listen to him and his non-advice. When the average for a midterm is an A-, you know the next one's going to be tough as nails to make up for it. That means I'm still contemplating whether or not to drop Calc, because I could still very well fail the next ones and then get below a C for the class. However, I really do enjoy ranting about math, and if I drop Calc then I'll have half as much material to work with in this column. In that case, I might have to drop writing this column too. It's a slippery slope, guys. I obviously need extra credit for these classes, but I actually ended up

missing the deadline for the main extra credit opportunity for my probability class. Each month, the professor hosts a joke contest for probability-related jokes. I should calculate the probability of not procrastinating submitting one for October. So I guess the probability of me ever winning any of those joke contests is probably zero. You know what else I should calculate? The probability that I've overused this joke (I'm pretty sure it's one). And for now, I suppose the probability of me dropping these classes is close to zero. It's funny to talk about the probability of me dropping Intro to Probability, and probably not funny at all to my faculty advisor, who happens to be my probability professor (oops). It's a very unfortunate situation.



JOHN MORGAN/CC BY-NC 2.0
Probability and Calculus III are both upper level math courses offered at Hopkins.

What your coffee says about you

Black

You are probably very proud of the fact that you can drink black coffee and have been the one to bring it up more than once. Your friends appreciate your superior caffeine habits but don't fully understand you and your lack of cream or sugar. Extending this into an analogy: You're stoic, and the people closest to you understand this doesn't mean boring, but sometimes people who don't know you that well make the mistake of thinking you have nothing to say.

Espresso

You probably haven't slept in about three days and everyone around you knows it. If your loud grunts of frustration that occasionally turn into caffeine-fueled maniacal laughter didn't tip them off, the trail of disposable Brody Café coffee cups would.

Iced

You're never cold, not even in the dead of winter. You grip your plastic cup and straw and do not feel the burning sting of oncoming frostbite.

Frappuccino

You aren't afraid to indulge every once in awhile. Although part of you knows that you're essentially drinking a milkshake, you bought it from Starbucks, so it's easy enough to pretend that's it's just fancy coffee, and you can still eat dessert after dinner.

Cappuccino

You enjoy sitting down for a moment and taking the time to enjoy yourself. You can just sit still. Only the tiniest of voices in the back of your head, which screams about how much work you have left to do before you die, stops you from fully relaxing. Thankfully you are able to mostly drown it in steaming hot milk.

the johns hopkins

NEWS-LETTER

Editorial

Indigenous Peoples’ Day should
replace Columbus Day

Monday marked the 79th anniversary of the establishment of Columbus Day as a national holiday. The tradition first began in 1937 to commemorate Christopher Columbus’ landing in the Americas on Oct. 12, 1492.

While his expedition marks a pivotal moment in human history, it is also clear that Columbus and his colonial successors committed some of humanity’s most despicable atrocities.

This past Monday, a group of students attended an Indigenous People’s Day event on the Beach, which was very well received by many members of our community.

The Editorial Board commends the organizers of this year’s event for celebrating this important occasion and raising awareness. We also support the willingness of the Office of Multicultural Affairs (OMA) to work with indigenous students.

Columbus’ arrival in Hispaniola initiated a centuries-long period of European colonization, expansion and exploitation of the Americas, during which millions of Native Americans were slaughtered and purposefully exposed to fatal illnesses. Columbus also enslaved the natives of Hispaniola over the course of his multiple voyages.

It is clear that the voices of Native Americans are to this day ignored and discredited by the U.S. government, as evidenced by controversy over the proposed Dakota Access Pipeline. The pipeline would straddle

the border between North and South Dakota, transporting oil across four states.

However, if built, it would also desecrate a burial ground of the Standing Rock Sioux Tribe and potentially contaminate local waters. A federal court recently rejected the tribe’s request to halt work on the project. This movement shows that indigenous activism is still strong in the United States.

The Editorial Board calls on both the University and the federal government to officially recognize Indigenous Peoples’ Day as a national holiday, replacing Columbus Day.

Indigenous Peoples’ Day was first recognized by the city of Berkeley, Calif. in 1992, though talk of creating the it dates back to the 1970s. The trend of states, towns and colleges officially recognizing Indigenous People’s Day has gained significant traction in recent years.

In 2016 alone, it gained official recognition by Brown, Cornell and the University of Utah, among other colleges.

The Editorial Board writes in solidarity with those clamoring for change and therefore condemns Columbus Day as outdated, offensive and inappropriate.

It is disrespectful to honor and praise a man who committed genocide, the near exterminated of an entire continent of diverse peoples. The argument that Columbus Day is a fixture of our national heritage is also a myth, since it was established by the federal govern-

ment less than a century ago.

By celebrating Indigenous People’s Day instead of Columbus Day, we are both paying respect to the millions of Native Americans who still live across the United States and shedding light on the many atrocities committed against their peoples.

American history books far too often overlook the less than savory moments of our past. This is certainly the case with Native American history.

The extent and scope of the genocide is hardly covered, and many students would likely cite the Trail of Tears as the only notable event they learned about in school.

While the Editorial Board would ultimately like to see Indigenous People’s Day gain federal recognition, we believe that adopting the holiday at the local and state level is a positive step toward initiating a national movement.

As a part of an official campus recognition, the Editorial Board encourages the History and Latin American Studies departments to partner with OMA in future years as part of the creation of official Indigenous Peoples’ Day campus programming.

This could take the form of a symposium highlighting Native American voices of the past and present or the distribution of resources and materials outlining the many atrocities waged against indigenous groups over multiple centuries.

LETTERS & OP-ED POLICY

The News-Letter encourages letters to the editor and op-eds. *The Johns Hopkins News-Letter* reserves the sole right to edit all op-ed pieces and/or letters to the editor for space, grammar, clarity, accuracy and style. This applies to the body of the submission as well as its headline. Upon approval for publication, all op-eds and letters to the editor become property of *The News-Letter*. *The News-Letter* reserves the right to not publish any op-ed or letter to the editor for any reason, at the sole discretion of the Editors-in-Chief. Letters to the editor are limited to 250 words, must address content previously published in *The News-Letter*, and must include the author’s name, address and phone number. Letters must be received by 5 p.m. Monday for inclusion in that week’s issue; they should be sent to chiefs@jhunewsletter.com (with “Letter to the editor” in the subject line) or the mailing address below. To write an op-ed, contact opinions@jhunewsletter.com. Op-eds are not limited in their length except as available space may dictate. All submissions may be published online as well as in the paper, and no anonymous submissions will be accepted.

Submittal of an op-ed and/or letter to the editor acknowledges your acceptance of and agreement to these policies. Any questions about these policies should be directed to the Editors-in-Chief of *The News-Letter* at chiefs@jhunewsletter.com.

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OPINIONS

White supremacy pervades our politics

By EMELINE ARMITAGE

After the 2005 recording of Donald Trump bragging about sexual assault surfaced this week, several top Republicans have been disavowing him or rescinding their endorsements (my future children will potentially read about the “pussy tapes” in their textbooks; Let us softly weep).

Senator John McCain, former Secretary of State Condoleezza Rice, Utah representative Jason Chaffetz and Utah governor Gary Herbert all stated that they would be voting for Donald Trump, while Paul Ryan, Ted Cruz and Marco Rubio all condemned Trump’s behavior, though did not rescind their endorsements.

Among liberals, I see two (often overlapping) reactions to this Republican backlash against Trump: Decrying that it took so long for them to condemn Trump even with his misogynistic and overt white supremacist history or then applauding their bravery for coming out against their party’s nominee.

There are problems with both these reactions. Firstly, no one should get a cookie for not supporting an evil human being. Secondly, no one should be surprised that it took some Republicans this long to condemn him: Just look at their party’s policies.

I was surprised when on Twitter and Facebook I saw liberals and Democrats praising Condoleezza Rice, calling her a true moral conservative, for decrying Trump. If Condoleezza Rice represents the true moral center of the Republican party, then that moral center is rotten to the core.

In 2002, as Secretary of State, Rice approved the use of waterboarding terrorism suspects, and in 2003 she approved the torture techniques of stress positions, forced sleep deprivation and forced nudity. To see Democrats praising Condoleezza Rice for doing the “moral” thing hon-

estly shocked me, as did their praise of McCain, George H.W. Bush and George W. Bush (none of them endorse Trump).

Liberals are using Trump to represent everything evil about our nation: They can ignore the crimes of the Iraq War (which the Democratic nominee Hillary Clinton voted for), torture, restricted abortion rights and white supremacist policing policies if people just condemn Trump.

Trump (who I find to be a despicable fascist and white-supremacist misogynist) is being used as a scapegoat for America’s crimes to make liberals feel better and assuage their white guilt. White liberals don’t have to concentrate on their own racism because they can just point the finger at Trump as the real, true racist. Instead of saying “white supremacy exists in every facet of our settler colonial society,” white liberals can point to the fact that they are not supporting Trump and say “I’m one of the good white people!” Opposing Trump comes with a false sense of superiority and the belief that one is on the right side of history.

The focus on Trump as a uniquely bad threat to American democracy allows liberals to ignore the white supremacy of their own candidate, Hillary Clinton. Although she is less overt in her white supremacy, Clinton has supported racist policies both domestically and in foreign policy.

In 1994, Clinton publicly championed tough-on-crime legislation which included more police officers, more prisons and harsher sentencing. These policies continued the near-military occupation of poor communities of color, the hugely disproportionate incarceration of Black men and women and has led to the United States currently having 25 percent of the world’s prisoners, even though the U.S. is only 5 percent of the world’s population.

Similarly, Clinton supported welfare reform policies, such as the 1996 Welfare Reform Bill, which relied on

racist “welfare queen” stereotypes and took away food from poor families and single mothers. Foreign policy wise, as a Senator, Clinton voted for the disastrous Iraq War. As Secretary of State, Clinton approved and championed the drone program, which Amnesty International and Human Rights Watch believe fits the definition of a war crime and oversaw an illegal right-wing coup in Honduras.

The usual response from liberals to these criticisms are twofold: Clinton should not be held accountable for her husband’s policies and Trump is worse. In regard to the first criticism, I agree that a woman should not be held accountable for her husband’s actions. But Clinton publicly and enthusiastically championed tough-on-crime policies and welfare reform, and held her own offices as Senator and Secretary of State.

The second criticism that “Trump is worse, so who cares what Clinton did in the 1990s” is a way for liberals to assuage their guilt for voting for a white supremacist candidate (in this instance, the more covertly racist Clinton). Whether or not you are voting for Trump or Clinton, you are voting for someone who is a white supremacist. Saying that “the other guy is worse” is not a defense.

If you believe that Clinton is objectively less dangerous than Trump (as I do), then vote for her. But don’t believe that doing so makes you a more moral person or that you are absolved from whatever policies she puts forth in office. All white Americans, regardless of who they vote for, are implicated in our country’s colonial white supremacy. Be honest about who your candidate was and who she is. Treating Trump as uniquely bad might make you feel better about casting your vote for Clinton, but it will not wash you of your complicity and guilt.

Emeline Armitage is a junior International Studies major from Cleveland.

The Bamboo Café brings community and diversity



KARTYNAS/PUBLIC DOMAIN

Every day, the Bamboo Café employees start preparing fresh sushi well before dawn.

By TOMMY KOH

The day is Wednesday. The time is 12 p.m. For those passing through the Matin Center, Bamboo Café offers a convenient lunch stop with a variety of Asian dishes. Some order their bahn mi sandwiches to go, others sit among friends to enjoy a bowl of steaming hot jook, a Korean-style porridge dish that was recently added to the menu.

Tables and chairs within the space are well used, to the point that some of the metal tables have become wobbly. Diners often overflow onto sofas lining the walls, eating out of their laps as the few proper tables have long been taken. The place is a hive of activity, a picture of many coming together to share in one of life’s greatest pleasures — food.

Many who pass through the doors of Bamboo Café do not see the hours of preparation behind the scenes. The team starts sushi preparation at 3 a.m., making enough for not just Bamboo Café but also Levering Kitchens and Charles Street Market. It is not an easy feat to produce fresh sushi at a large scale. Some have voiced distant hopes during past dining meetings that Bamboo Café can expand their selection and compete with (frankly overpriced) places like Niwana.

The fact that Bamboo Café now offers aburi style sushi, a form of nigiri sushi torched with an open flame, is a testament to how far it has come in its two short years of existence here on the Hopkins campus.

The two main actors behind this well-oiled machine are Michael Kang and Joseph Kim, although both will remind you that it is really a team effort. Diners are probably familiar with Kim, known by many as “Jo.” One can easily recognize his outsized and friendly personality, either behind the counter or in the kitchen. His name has come up during dining meetings as “the friendly manager” and he can often be seen interacting with diners. His presence has created a sense of community within the space.

Diners are less likely to have met Kang. Having founded Sushico (the company behind Bamboo Café) in 2001, he holds accounts with over 30 customers, including the U.S. Capitol Visitor Center and the U.S. Senate. Kang is a veteran of the business, having been in the industry since 1987. He is based in Virginia, leaving the running of Bamboo Café to Kim, a vice president of Sushico since 2013.

Our aim is always “top quality,” shares Kim, as part of a broader mission to achieve “better service and better quality.” Kim also mentioned how his background as a foreign student in the United Kingdom has given him increased empathy for those transitioning to college, giving him a better understanding of students’ challenges in a foreign environment.

Prior to joining the Bamboo Café team, Kim was the CEO of a government service contractor. One reason that he transitioned to the private sector was the prospect of being able to work with students as part of this “Hopkins family.” Being part of a family also involves giving back, and Bamboo Café has contributed towards community building events such as the well-received make-your-own-sushi nights. On one occasion, Kang and Kim even had sushi boxes prepared beforehand so participants would not go hungry while waiting for their turn to learn how to make a sushi roll, reflecting a sincere dedication toward service.

This place is Bamboo Café, where people are family and committed to always improving. Possibilities toward an even better dining experience are numerous. A hopeful change would be the revamping of the physical space with the inclusion of more tables to foster communal dining. Such a move would cement Bamboo Café as a key hub of student interaction within Hopkins Dining’s new focus on “meet, dine, community.”

Tommy Koh is a junior Political Science and Psychology double major from Singapore. This piece is part of a biweekly feature titled “Change and Continuity: Insights into our Hopkins Community.”

Hopkins students need more sleep: Bring back naptime

By GILLIAN LELCHUK

Sleeping seems like such a simple thing. You go to bed at night and wake up in the morning, and whatever happens in between is what we call “sleep.” It’s you lying still in your bed for six to eight hours, and then when your eyes open in the morning, you’re refreshed and ready for the day.

At least that’s what we want to happen. I can’t remember the last time I truly felt refreshed in the morning. We, as Hopkins students, discuss how much sleep we get daily, but we aren’t noting the merits of a full circadian sleep cycle. We’re often talking about how little sleep we got because we were so busy

finishing up our homework or studying for an exam.

“I’m running on eight hours of sleep for the last two days.”

“I pulled an all-nighter three nights this week.”

“The guys who work at Brody Café are judging me for how many dirty chais I’ve ordered today.”

We’ve all heard a variation on one of those, maybe we’ve even said it ourselves. Hopkins hell week is a real and true time for everyone and it usually comes with Satan stealing the sleep from your eyes.

How are we going to fight this culture of restlessness? It’s not like people are choosing not to sleep, right?

From my perspective, that’s exactly what people are doing. And I’m here to tell you to revert back to an old childhood classic: the nap.

Before you roll your eyes all the way back in your head and argue that you don’t have time to take a nap because you’re busy

always, let me ask you this: Are you honestly convinced that you spend every spare second during the day working? Because if that were true, I have a feeling that you’d get to bed on time.

Maybe there are a select few who actually spend all day working and then most of the night working, and to you brave souls, I send a hearty “Godspeed.” But for the rest of us, we probably take a good two hours scattered throughout the day to check Facebook, to play an app game or to watch Netflix.

If you have followed my writing at *The News-Letter* or know me as a living, breathing human being, you know how near and dear to my heart Netflix is. But yes, even I have chosen to skip Netflix to rest my eyes for a little while. And trust me, it is worth it.

My napping habit started over the weekend because I’ve been sick, but it likely will continue throughout the semester as my nights get longer and my mornings veer closer. I hope you will see the light, draw your curtains and join me in the movement to reclaim some of our lost hours of sleep.

Join me in the movement to reclaim some of our lost hours of sleep.

You’ve got one last obstacle that’s preventing you from joining the nap-olution: Every time you’ve napped recently, you always wake up more tired than you fell asleep. Don’t worry, I’ve got an answer to that. I took AP Psychology in high school and I got a five on the AP test, so I am an expert on this topic.

You’re waking up more tired because you’re allowing your body to dip into the deepest layer of sleep, but you’re pulling yourself out before you can complete the full sleep cycle. An average sleep cycle takes about an hour and a half, so I’d recommend allowing two hours for a good nap to give yourself time to fall asleep. If you can’t pull that, there’s some merit in a half hour power nap, but any longer and you risk waking yourself up in your prime sleeping moments.

There you have it. You are an informed nap voter now. What you choose to do with this information is your decision and yours alone. But for your own sake, give yourself a break.

Gillian Lelchuk is a junior Writing Seminars and mathematics double major from Los Alamitos, Calif. She is the Opinions Editor.



DAN G/CC BY 2.0

This giant panda has the right idea: We should all be taking naps.

PHOTO ESSAY



BLACK. LIVES. MATTER.

PHOTOS BY

EDA INCEKARA AND KUNAL MAITI



THE B SECTION

N-L

YOUR WEEKEND • ARTS & ENTERTAINMENT • CARTOONS, ETC. • SCIENCE & TECHNOLOGY • SPORTS

OCTOBER 13, 2016



Arts & Entertainment

15th Annual Pigtown Festival showcases history, heart — B3
Stick figure drawings shine in *It's Such a Beautiful Day* — B4
Lupita Nyong'o inspires in stellar film *Queen of Katwe* — B5



Science & Technology

Mindfulness may help individuals control their emotions — B7
Zika may be able to spread through sweat and tears — B7
First successfully edited human embryo announced — B9



Sports

M. and W. swimming has strong start to season — B10
Field hockey loses to Ursinus Bears 6-2 — B12
David Ortiz plays last game of career with Red Sox — B12

YOUR WEEKEND OCTOBER 13-16

Events in Baltimore Finding shenanigans, even during midterms this weekend

Thursday

Rocky Horror!, The Creative Alliance, 7:30 p.m.

Come watch the film, sing the songs and watch some of The Creative Alliance's favorite *Rocky Horror* performers this weekend. The event will be hosted by Betty O'Hellno. \$15 in advance, \$18 at the door.

Friday

Holy Trinity Russian Festival, 1723 E. Fairmont Ave., 11 a.m. — 6 p.m.

This festival will feature homemade foods, souvenirs and entertainment, all Russian. Come witness the community's expression of love and faith and enjoy a glimpse of Russian culture. This will continue all weekend. Free.

Sam Dolgoff and The U.S. Anarchist Movement: 1920s-1980s, Red Emma's Bookstore Coffeehouse, 7:30 p.m. — 9:30 p.m.

Historian Andrew Cornell will speak about how anarchism evolved in the United States. Sam Dolgoff's son, Anatole, will offer a first hand account of neighborhoods in a lost New York City in which anarchism sprouted and grew. Free.

Saturday

Bey vs Ye vs Jay Dance Party, The Ottobar, 9 p.m.

DJ Mills will be playing, yes, you guessed it, Beyonce, Kanye and Jay-Z at the Ottobar this Saturday night. Lemonade drink specials all night. The Ottobar has not posted whether there is a cover, but you should be prepared. They often have one.

Tool Shed Play Party, Baltimore Free Farm, 2 p.m. — 4 p.m.

Come on down to the Baltimore Free Farm to play party games, meet new people and enjoy some music! Tool Shed plays old time, bluegrass, contemporary and folk music. \$7.

Sunday

Free Fall Baltimore: A Night at the Museum, The BMA, 6:30 p.m. — 7:30 p.m.

The Handel Choir will be singing in the newly renovated East Wing Lobby of the BMA. This concert will feature Thomas Hetrick on the harpsichord and the conductor will be Arian Khaefi. Free.

By HANNAH MELTON
For The News-Letter

It's that happy time of year again: Leaves are turning colors, the air is growing crisp, everything is pumpkin spice flavored and you're stuck in the library until well after dark. The calendar is filled with midterms, papers and presentations. And if you're a senior, there's a whole new level of stress brought on by job interviews and applications.

But fret not. It only seems like you can't have any fun. There's definitely hidden time in your schedule to break out of Brody and adventure off campus. Rest assured that your choice to close the textbook for a few hours is not the end of the world: Taking a break from studying is a science-backed way to make the time you are working more productive.

To help you make the most of the limited time for shenanigans this weekend, *The News-Letter* has built some midterm-approved itineraries for maximizing fun and minimizing stress.

If your midterms end Friday: Congrats! You're done. Take Friday evening to relax and actually catch some Zs. Or if you're feeling ready to get your fun on, hit up Kona Grill (1 E. Pratt St.) for reverse happy hour. Cheap appetizers and drinks will make for a budget-friendly start to your weekend. Late

night happy hour is 10 p.m. to midnight on Fridays.

Wake up at a fairly reasonable time on Saturday morning and head over to the Farmer's Market for some in-season apples and maybe a pumpkin or two to decorate your room. In the evening, hear some quality jazz at a cheap price. An Die Musik Live! (409 N. Charles St.) offers great live music for just \$10 for students. Show starts at 8 p.m., leaving lots of time to keep the party going or get in another healthy night of sleep.

If your midterms start early next week: Work for a while on Friday afternoon, then take the evening off. You should spend Saturday and Sunday prepping for the coming onslaught of terror — um, examinations — but enjoy some time off campus Friday night.

If you're over 21, hit up the end of Baltimore Beer Week. There are plenty of events all around the city. Head to Birroteca (1520 Clipper Road) between 5 p.m. and 11 p.m. to check out their "Homegrown on the Shore" evening. Featuring casks on tap from Evolution, 3rd Wave and Burley Oak, enjoy a night of light drinking and head home before it gets too late. (Studying hunger does not a happy Saturday make.)

If your paper is due at the end of the week: Study a little in the morning, but spend Saturday afternoon at the American



SARAH STIERCH/CC-BY-4.0
The entrance to the American Visionary Art Museum, near Federal Hill.

Visionary Art Museum (800 Key Highway). Admission is \$10 for students. Check out their *Yumm!* exhibit on the "History, Fantasy and Future of Food," but move somewhere with a more novel atmosphere for Sunday's work.

Pretending to write a paper in the Brody Atrium while really just looking at all the things you can't afford on Amazon is neither fun nor productive. Head to Mt. Vernon and enjoy a nice brunch at Jack and Zach Food (333 N. Charles St). FYI for the ambitious:

They don't open until 10 a.m. Once finished, visit one of the many cafes nearby and stay off campus until you have a few pages banged out. (Or at least until dinner time.)

If every week is midterm week: Change majors. In the meantime, get your sweat on to shake the stress off by bandit running the Baltimore Marathon on Saturday morning. First wave leaves Camden Yards at 8 a.m. Who knows how far you'll make it before deciding that Brody is actually beautiful in the early morning light?

Golden West Cafe offers weekend-only waffles

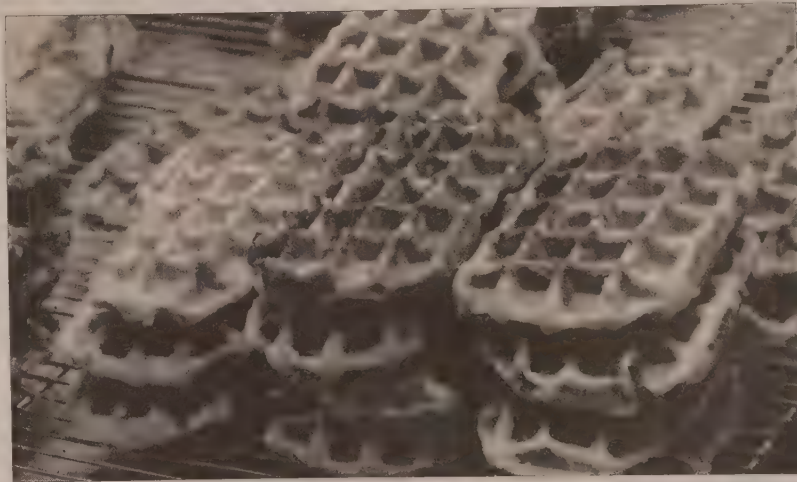
By VERONICA REARDON
Your Weekend Editor

Waffles. We all love them. When the waffle makers are out in the FFC, the sun shines a little brighter, or the stars do if it's Late Night. They're good savory. They're good sweet. They're for breakfast. They're for dessert. What's not to love?

Naturally when I took a special someone to dinner in Hampden the other week, a priority was making it to the Golden West takeout window afterward to get dessert waffles. I was surprised to find out upon ordering that their waffles are only available Saturday, Sunday and Monday mornings.

My initial reaction was to wonder what kind of barbarous establishment does that and to call them culinary philistines of the worst kind, which, while a nonsensical insult in that context, was satisfying. My later reaction was to try to think of why they might actually do that. That is when I decided to stand for change. Change, god-dammit!

It is time to speak out against the artificial scarcity of Hampden establishments. While B. Doughnut makes more sense — they only sell until they run out every day — The Great Golden West Waffle Denial does not. Good God who withholds waffles on



JRENIER/PUBLIC DOMAIN
Just look at these beautiful waffles. Golden West Cafe in Hampden only serves these treats during the weekend.

a Thursday night? It must either be schadenfreude of the worst kind on the part of management or a fundamental lack of comprehension regarding the sanctity and beauty of waffles.

Nothing can be done about true schadenfreude, but certainly an argument for waffle access can be made based upon their merits. Waffles are a warm blanket on the heart. Waffles are the food God herself eats in heaven.

They are the dark and delectable substance that the Devil tempts you with. They are the thunder of the storm that is happiness. They are the glue that binds an expanding universe together.

As such they should be available more than a couple days a week, especially from Golden West,

because their waffles are quite excellent. They should at least be available all weekend, which in this section of *The News-Letter* means from Thursday to Sunday.

To break things down:

One. Waffles are delicious, and Golden West's are no exception. Everyone should be able to have delicious things. This is America. If we believe in anything, it's full access to delicious food at any time, especially if you pay for it. Capitalism! Supply and demand! Economics! Waffles! Give the people waffles!

Two. Waffles are comforting. Weekdays can be stressful experiences with a paucity of sleep. Waffle availability on more days of the week would bring happiness to many people.

Three. Golden West specifically has lemon basil waffles. I do not know anywhere else that serves those. It is a crime not to share them especially when people will give you money for them.

Golden West, if you read this, please consider offering waffles daily. It is the right thing to do. The people will thank you for it.

Dearest readers of *The News-Letter*, all of the mostly humorous ranting about waffles aside, you will not be judged if you choose to support Golden West despite their waffle-withholding ways.

Just keep in mind that they are only offered on Saturday, on Sunday and on Monday mornings. Any other day, prepare for disappointment of the most soul-crushing variety.

ARTS & ENTERTAINMENT

Festival flaunts the best of historic Pigtown



COURTESY OF ALYSSA WOODEN

The Pigtown festival spanned several blocks of Washington Boulevard and offered pig and non-pig foods.

By **ALYSSA WOODEN**
For *The News-Letter*

Although it rained almost all afternoon on Saturday, Oct. 8, crowds filled the streets from noon to 7 p.m. at the 15th annual Pigtown Festival. Spanning several blocks of Washington Boulevard, the festival featured live music, booths set up by local businesses and artists and a smorgasbord of street food, both pig and non-pig related.

At one end of the street stood an awning-covered stage, where three bands performed over the course of the festival. Two of the acts, rock/soul quintet All Mighty Senators and the popular blues group Kelly Bell Band, are based in Baltimore, while the high-energy pop sextet Footwerk is from Washington, D.C.

While the music wasn't outstanding, it added an extra kick of excitement, greeting me as I entered and ringing in my ears long after I left. Aside from musical performances, other notable events included multiple pie-eating con-

tests, a fashion show hosted by 2 Chic Boutique and zumba on the main stage.

Along with the live music, the smell of smoked meat permeated the drizzly air. It wouldn't be a real festival without an exorbitant number of food trucks, booths and tables, and in that respect the Pigtown Festival certainly delivered.

Fifteen vendors offered everything from pulled pork sandwiches to lamb gyros to freshly baked pies. Carroll, Maryland-based provider Maryland Finest Foodstuffs had the most varied selection, with sweet chili bacon on a stick, Hawaiian-style spam sushi, smoked pork carnitas and Peruvian chicken tacos. The most impressive culinary feat, however, was the whole grilled pig — head, legs and all — roasting on an enormous wheeled barbecue, courtesy of Shorty's Bootleg BBQ.

While it couldn't compare to some of the larger, more popular festivals in Baltimore such as Hampdenfest, the Pigtown Festival still had plenty to of-

fer visitors. There was, of course, the typical street festival fare — handmade jewelry, face painting, baked goods, candles and political lobbyists — as well as uniquely Baltimorean offerings, such as hand-painted Maryland flags and fresh oysters. The bar offered craft beer from the local Oliver Brewing Company.

Children flocked to inflatable bouncy houses and obstacle courses. The inflatable lacrosse game, however, attracted festival-goers of all ages.

At the far end of the festival, beside a brightly-painted trailer emblazoned with the words "Barnyard Runners," stood an oval, dirt-lined racetrack surrounded by checkered flags; This was the site of the pig races. The races, or "The Squeakness," as Pigtown residents affectionately call them, are the highlight of the annual festival. Four races were held throughout the day, each attended by crowds cheering loudly for their favorite pig.

The tradition pays homage to Pigtown's origins as a meat packing district near the railroad yards, where pigs would run through the streets towards the slaughterhouses after being unloaded from the trains. Just as today, Pigtown residents in

the nineteenth and early twentieth centuries would line the streets to watch these original pig races, though the unofficial tradition of grabbing a pig to take home, butcher and cook is no longer allowed.

Bad weather aside, Pigtown is a friendly, quirky neighborhood, and I'm glad I got the chance to experience it. Festival aside, Washington Boulevard has much to offer, especially in the way of shops, restaurants and cafes. The neighborhood's historic spirit is captured in an enormous mural on the side of one building, displaying a colorful scene of pigs, railroad workers and a steaming black locomotive.

Pigtown is also home to the Mobtown Ballroom, which offers jazz, belly dancing, Lindy Hop and aerial dance lessons as well as a host of social events. The B&O Railroad Museum is another popular attraction in the area.

Although the live pig races were certainly exciting, the food delicious and the atmosphere cheerful and upbeat, I ultimately don't think Hopkins students would find it worth it to take time out of their busy schedules to attend Pigtown Festival. It's a bit hard to get to for one thing, almost four miles and a 40-minute bus ride from campus. Baltimore has plenty of other festivals and celebrations much closer to Hopkins, many of which are bigger and better attended than Pigtown Festival.

On the other hand, if you have a free afternoon and feel like exploring a new part of Baltimore, Pigtown is absolutely a great choice. You'll be greeted by friendly people and peaceful, tree-lined streets, and you're sure to find somewhere fun to eat or somewhere interesting to shop. And if that afternoon happens to be the day of the annual Pigtown Festival, you definitely won't regret the experience.

Poe exhibit gives a look into his world

By **ALEXANDRA HOUCK**
For *The News-Letter*

The name Edgar Allan Poe is one tied to the city of Baltimore, as this is both the city where he lived for some years and the city where he died and was buried. "The Enigmatic Edgar A. Poe in Baltimore & Beyond" at the George Peabody Library shines a spotlight on the talented writer, placing emphasis on both his life and the impact of his work after death.

The objects on display include first editions, manuscripts, artifacts and letters. These objects come primarily from the Susan Jaffe Tane Collection, but some pieces are also from the Free Library of Philadelphia and the Morgan Library, along with two private collectors.

The exhibit is broken into three sections that focus on three aspects of Poe. The first focuses on the cities that Poe called home during his life and highlights notable works that he published during the time in each city.

The showcased works include early first editions of the books, newspapers and magazines in which his writings were published in addition to manuscripts for some of his works. The exhibit focuses on five cities in total: Baltimore, Boston, Richmond, Philadelphia and New York.

The second section of the exhibit focuses on the genres in which Poe parodied throughout his career. This section is aptly titled "Master of Variety." It is undeniable that Poe is best known for his works of horror, but the exhibit shows that his writing abilities were not limited to that singular genre.

In fact, Poe branched out into many genres, including science fiction and mystery. The exhibit

showcases first editions of works from those areas. There is also a display dedicated to Poe's most well known work, *The Raven*, and its multiple forms of publication. This display includes a handwritten manuscript of the poem.

The final section moves away from the life of Poe and focuses instead on events following his death and his legacy. Poe died on Oct. 7, 1849 from causes that, to this day, have remained unidentified, but his voice has lived on in his writing.

Following his death, multiple obituaries were published in a variety of newspapers, but the most notable on display in the exhibit is by Rufus Wilmot Griswold, who published a malicious obituary titled "Death of Edgar A. Poe" in the *New-York Daily Tribune*. In addition to obituaries, the Life After Death section also has a fragment of Poe's coffin and a lock of his hair on display.

However, the section is not limited to only objects directly following Poe's death. There are also displays dedicated to translations of his works and how his works have been adapted to modern day pop culture.

Overall, the exhibition does a wonderful job highlighting Poe and how his legacy has survived and thrived even to this day. Not only that, the exhibit also gives insight on the instability of the life of a writer, even one as popular as Poe, in that time period.

"The Enigmatic Edgar A. Poe In Baltimore And Beyond" is on display from Oct. 4, 2016 until Feb. 5, 2017. It is a beautiful exhibit that highlights multiple facets of one of the most talented writers in American literature. It's well worth a visit.

Why I spent my summer reading female authors



Ruth Marie Landry
Book Notes

This past summer, I only read books by female authors. I had several reasons for this: the lack of women writers whose books are assigned reading in my college classes, an interest in a female canon instigated by Virginia Woolf's *A Room of One's Own* and an overindulgence in novels by Jonathan Franzen, Nick Hornby and Michael Chabon, all of whom write great but definitively male books.

But perhaps the most influential to my actual reading list was that I wanted to read about how other women handled life transitions. I'm a senior in college with no plans to go to grad school, meaning that, for the first time I can remember, I will very soon not be enrolled in school.

So even though the only requirement for my reading list was that the book was written by a woman, I unintentionally built my reading list with a few extra qualifications in mind: books by women and about women, yes, but also preferably set in the 21st century and about young, well educated women who are new to the job market — which is to say, books about women similar to me.

I don't doubt that books with more varied subject matter could have been useful to me and could have quelled my fears about adulthood, but I also didn't really mind my narrow focus, if only for a summer.

I found my first book, *This Should Be Written in the Present Tense* by Helle Helle, while browsing. Its cover is a colorful watercolor with handwritten lettering. It looked childish, and I nearly put it back on the shelf.

It was a good thing I didn't. As it turns out, Helle Helle, although basically unknown in the United States, is a literary star in Denmark, where she has apparently spent

See **BOOK NOTES**, PAGE B4

Alloverstreet event highlights Baltimore's art

By **JACOB TOOK**
For *The News-Letter*

Last Friday evening, Baltimore's monthly artist-run art marathon, Alloverstreet, offered a wide range of exhibitions, galleries and artist talks in Station North to satiate art lovers and intrigue artistic novices.

My experience with Alloverstreet was not at all what I was expecting. When I think of an "art marathon," I picture a street lined with booths in which artists display their recent pieces, handing out fliers or selling books to the crowds of passersby.

One thing I never imagined was that Oliver Street, the central location of the event, would be almost completely empty. It was so dead that our Uber driver chuckled and asked if we were sure we wanted him to drop us off.

Indeed, being dropped off on a street that appeared empty, save for a few people standing around the back of a van, in an unfamiliar part of Baltimore was, not how



COURTESY OF JACOB TOOK

Participants of *Alloverstreet* gather at Gallery CA to view Bobby English, Jr.'s *I AM You ARE* installation.

I had envisioned myself spending my Friday night.

However, the nearby pink and yellow map displaying the Alloverstreet logo gave us confidence. From this map, we learned that there were several different venues hosting various events throughout the evening, and we set out to explore each of them.

The nearby van identified as a mobile art gallery called Tastykake, which was hosting a show called *PREGAME*. The artists

in the show were quick to welcome us to the Alloverstreet experience, explaining that they had displayed the preliminary sketches that preceded their finished work. One artist, Nicole Dyer, emphasized the environment of free, creative expression that the show had curated. "My sketches are the first thought, my first instinct that I had with no holds barred," she said.

She identified that an artist's first thoughts

about a piece are typically kept private because they are less refined, but tries to engage the acceptance of these initial thoughts.

"I'm always really excited to see other artists' sketchbooks, and that's why I was really excited to do this show. It's a part you don't normally get to see."

This attitude of support and acceptance is common through the venues at Alloverstreet, and the entire event is an

See **ART WALK**, PAGE B4

ARTS & ENTERTAINMENT

Ty Dolla \$ign's take on Campaign season

By NIKITA SHTARKMAN
For The News-Letter

Ty Dolla \$ign, charismatic dread-headed king of the hook, the golden child of the west, Mr. Saves-Any-Song-With-A-Feature, dropped his ninth mixtape *Campaign* on Sept. 23.

This record, named both for the upcoming election and Ty's personal pursuits, is exactly what you would expect from Ty-quality music broken up by some less-than-stellar filler.

Ty Dolla starts this album with a pitched up, detuned voice clip about the election, denouncing both candidates before reluctantly endorsing Hillary Clinton. With this introduction, you would expect Ty to include some political commentary in his songs, but he doesn't.

His material continues to be solely women, money and more women. There's nothing wrong with his subject matter, it just doesn't make sense following that very loaded introduction.

The mixtape truly kicks off with "\$," what could almost be classified as an ode to himself. Though lyrically dry, this song has a great beat and a catchy melody. Ty showcases his exceptional talent for layering uninteresting lyrics over a beat in a beautiful, energetic way. Unfortunately, like *Free TC*, Ty's last effort, the project starts to waver and get inconsistent after the first track.

All Ty projects have obvious hits. On *Campaign*, "Zaddy" is by far the standout. This should be the song of this season. It is a combination of a basic chorus, a beautiful beat built off of a choral sample, a strong trap drum break and Ty's gritty voice coated with the sheen of auto-tune floating over the instrumentation. Listen to the chorus of this

song once. That is all it takes to get addicted.

"Campaign" is the second major success. The beat is a mix of a plinking synth melody with crashing kicks and 808s. Future drops another uninspired hook that somehow works perfectly and Ty layers his classic melodic verses.

If one "Campaign" isn't enough, the Charlie Heat remix at the end of the album is a great second serving. This version has a unique instrumental with a piano chord progression and a bouncier rhythm. Both are fun, powerhouse tracks.

"Watching" featuring Meek Mill is another standout track, stacked with all the makings of a banger. The two faced beat, which part melodic and high, part heavy and drum-centric, is well complemented by Ty's flowery melodies.

The chorus is golden, impossible not to sing along to. Meek Mill, the Philadelphia MC who can't seem to catch a break this year, drops a great verse, with his always-loud voice perfectly fitting the beat.

"??? (Where)" is probably the hardest song on this project. Migos, rolling with its classic flow, drops some absolutely hilarious lines. The winner is obviously Quavo's "I am the Dab Daddy." This is another great track in which none of the rappers are taking themselves seriously. Ty should really focus on making more tracks like this. He is his absolute best on fun, bouncy songs.

There are no completely bad songs on this project. There are just some attempts at diversity that end up either thoroughly disinteresting or just disappointing. "3 Wayz" with Travis Scott, for example, is a failed mixture of styles. Both melodic rappers/singers, they try to harmonize

SEE CAMPAIGN, B5

It's Such A Beautiful Day is packed with emotion



Will Kirsch
The Cut-Rate Critic

Well, hello there, benevolent reader. It is I, returning for the fourth time in as many weeks to provide you with another vaunted and pretentious review of a movie. Quite exciting, is it not? At least it is for me, because this weekend I watched what I think is one of the greatest movies I have ever seen. And it starred stick figures.

Sitting here listening to '90s rap, I wonder how I am supposed to describe

Don Hertzfeldt's acclaimed 2012 animated film *It's Such a Beautiful Day*. I watched this movie mostly because it was relatively short and I had heard some good things about it.

I was more motivated by not having much more than an hour to spare before beginning the usual Saturday night revelries than I was by genuine interest in this movie.

Suffice to say, I did not expect to end that hour sobbing for five straight minutes. Nevertheless, that was what happened, and I am glad it did because this movie was one of the most amazing works of art I have ever



CC-BY-SA-3.0

Don Hertzfeldt, the mastermind behind *It's Such a Beautiful Day*, working at his animation desk.

had the pleasure of seeing. So stick with me as things get poetic.

In the simplest of terms, *It's Such a Beautiful Day* is a movie about a fairly normal guy, albeit one crudely drawn in pencil. Our stick figure protagonist is Bill, who lives in a city, works at a job and does some things.

What makes Bill unique is the fact that he is sick, what exactly it is from is never revealed.

Whatever it is that is afflicting Bill is also distorting reality and stealing his memory from him. As a result, Bill often hallucinates, envisioning terrifying chimeras of humans and animals and dreaming horrible things that walk a thin line between realities and nightmares.

Everywhere Bill goes, he exists beyond what is real. He remains aloof, observing the world around him and going through the motions day after day. As the movie progresses so does Bill's illness, but

ironically, the effect his sickness has on his memory leaves Bill essentially unaware that he is dying.

Thematically, this movie seems to be about illness, mortality, insanity and the pain that permeates every aspect of our mundane lives. That being said, it is also something of a redemption story. Bill's struggles with a somewhat Buddhist corporeal suffering are eventually shed, which allows him to find some degree of enlightenment, albeit in this world.

The plot of this movie is not exactly one intended to make you feel that warm glow you get when you watch a sappy rom-com.

This is good though. Not all movies should be easy to watch. Some should make you hurt, make you feel uncomfortable and upset. *It's Such a Beautiful Day* does just that.

Granted, it does have some elements of comedy, but it is the type of humor that can really only be enjoyed by a nihilistic cynic. Fortunately, I am one of those. Regardless of whether or not you fit that archetype, you probably stand to get something out of watching this movie, so watch it.

Artistically, *It's Such a Beautiful Day* masters simplicity. The characters in the film are no more than stick figures projected onto plain backgrounds. Each scene is framed so that the viewer only sees Bill and what or whom ever he is interacting with at that moment.

Usually, the space surrounding the small circles in which the characters live is black. However, when Bill suffers episodes of mental breakdown, that space comes alive. Hertzfeldt splices in disturbing images like broken glass, the inside of a human mouth and lapping flames against Bill's animated hallucinations.

The images surrounding Bill's tiny circle are frantic, constantly changing and leave viewers feeling as if they too are having a mental breakdown. That frenetic energy coincides with a cacophony, drowning out the narra-

tion and consuming every other sound in the scene.

Again, as you sit there and watch this stick man lose his mind with horrifying noises filling your ears as if the film was being shown inside your head, you start to feel like you are going crazy. This is far from a bad thing. Arguably, such a strong emotional reaction is a testament to Hertzfeldt's prowess as the animator and director of the film, of which he was the narrator and basically everything else.

As the movie reaches its conclusion, everything around Bill transforms from simple stick drawings to footage of real people, places and things. Bill begins to see as we think we see everyday, and the frame is no longer confined by a narrow circle showing only him and the object of his attention.

Hertzfeldt's sudden introduction of real color and sound and sights is a beautiful contrast to the rest of the film and its sullen drawings. This shift in pulls the viewer from their sadness and sympathy for Bill and turns it into joy as he sheds his proverbial blindness. The emotional effect of this shift is quite stunning.

It's Such a Beautiful Day is not a movie to watch if you want to be entertained for an hour. This is not to say that it is not an entertaining movie, but it is one that requires some effort to watch. It is something of an intellectual exercise, akin to reading philosophy but a lot more coherent. It can be difficult and emotionally taxing, but this is all the more reason to watch it.

This film, like any great artwork, presents an opportunity to perhaps feel a way that you have not yet experienced, to give serious thought to ideas you never even considered. It is an object of criticism, something to think about and to analyze.

You might read all this and think I am full of it, and maybe I am. However, I know that this movie had a fairly profound effect on me, and based on the criticism I have read, I do not think I am alone in that feeling.

You Can't Touch My Hair intersects race, feminism

By KATHERINE LOGAN
For The News-Letter

If you're anything like me, the daily coverage of this presidential election has you feeling completely exhausted. Being subjected to rhetoric entrenched in bigotry, racism, homophobia and a disregard for women's rights and values can feel flat-out depressing, and it's easy to fall into a pit of helplessness and despair.

Well, my friend, I have a not-so-guilty vice to share that I think might be the perfect fix for your blues: badass comedian Phoebe Robinson's new collection of essays, *You Can't Touch My Hair: And Other Things I Still Have to Explain*.

Perhaps Robinson's name sounds eerily familiar but you can't quite place how you know her. Maybe it's from her hilarious podcast *2 Dope Queens* with one of the best correspondents from *The Daily Show* (also her BFF or "work wife"), Jessica Williams.

One part banter about their personal lives and pop culture/current events and other part stand-up featuring some of the best up-and-com-

ing comedians in the biz, *2 Dope Queens* is guaranteed to make you laugh until you cry.

Separately, Robinson has her own podcast entitled *Soon Many White Guys*, which features fabulous interviews with different creatives and comedians who are not your stereotypical white guys. Featured guests have included Gina Rodriguez, Hasan Minhaj, Roxane Gay, Ilana Glazer of *Broad City* (who also serves as an executive producer) and, of course, the token white guy of the season, Mike Birbiglia.

Robinson also featured on *The Late Show with Seth Meyers*, Comedy Central's *@midnight* and *The Nightly Show with Larry Wilmore*. Last but not least, if you're a fan of FOX's *Empire* (who isn't? — I mean, Taraji P. Henson as Cookie is A+) then you may have read Robinson's post-show musings in her weekly recaps for *Vulture*.

What makes Robinson's collection of essays so special is that she is able to tackle the serious topics of race and feminism without sacrificing her sense of humor. Where others

might brush off the role pop culture plays in social movements as well as in expressing and reinforcing societal norms, Robinson isn't afraid to incorporate a relevant reference here or there to add to both the humor and the poignancy of her observations.

As Jill Soloway, the creator of the hit Amazon show *Transparent*, puts it, "*You Can't Touch My Hair* is the book we need right now. Robinson makes us think about race and feminism in new ways, thanks to her whip-smart comedy and expert use of a pop culture reference. The future is very bright because Robinson and her book are in it."

Honestly, the tone of this book made sitting down to read it feel like having a conversation with my best friend over coffee, which was comforting in the midst of the craziness of midterms.

I know you're busy because you're at Hopkins, but seriously, make the time to read it. I promise you won't regret it, and with that said, I've got a few tips to help you make the time to read it.

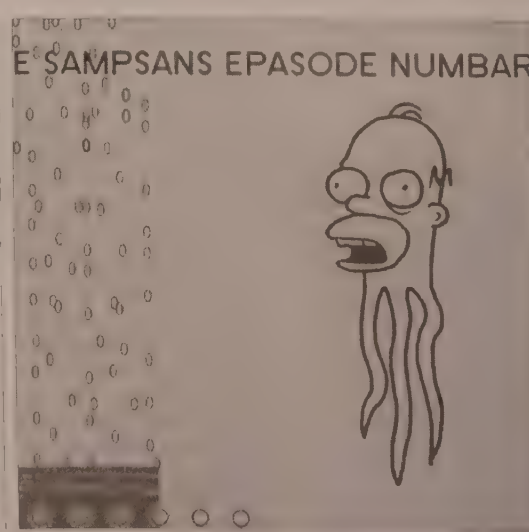
1. Speaking from experience, this book is best read with the hot beverage of your choice in hand and a sweater wrapped around you. It's fall, embrace the coziness.

2. In my opinion, the best reading locations are the Beach, the Gilman lounge area outside the atrium or Carma's Café. Or your bed, you know, if it's one of those days when venturing outdoors seems like too much work. It's often one of those days.

3. Make your friends read it along with you, that way you have people to discuss with.

When all is said and done, *You Can't Touch My Hair* manages to mix Robinson's trademark brand of humor with issues that just about anyone could find relevant today as well as issues that are uniquely her.

Robinson will be in Washington, D.C. for her book tour on Oct. 22 at Howard University and Oct. 24 at Politics & Prose at Busboys and Poets. Both events are free and relatively close by, so you should definitely take the time to check them out if possible.



BAGO GAMES/CC-BY-2.0

A shot from Hertzfeldt's rendition of *The Simpsons'* opening couch gag.

Queen of Katwe refreshes familiar narrative

Helle Helle touches on depression, life



GAGE SKIDMORE/CC-BY-SA-2.0
Acclaimed actress Lupita Nyong'o, who portrays Phiona's mother, spoke at the 2016 San Diego ComicCon.

By ANNE
HOLLMULLER
Staff Writer

Queen of Katwe (2016) is a recent film based on the life of Phiona Mutesi (Madina Nalwanga), a young chess champion from Uganda who was raised in the slums of Kampala. The film features critically lauded actors Lupita Nyong'o and David Oyelowo and boasts a winning performance from newcomer Madina Nalwanga.

Directed by Mira Nair, the film focuses on Phiona's struggles and successes as she works to help her family find a better life. This fall release from Disney is a well-acted, family-friendly film that is colorful and lively.

The story is likely similar to one that you've heard before, but it is bolstered by impressive acting and effective storytelling. Through the power of chess, Phiona moves from the slums of Katwe to a new home for both herself and her

family.

Nyong'o plays Phiona's courageous single mother, Nakku Harriet, who supports and encourages her daughter to achieve her dreams, all the while worrying that her child may be dreaming too big. Oyelowo plays Phiona's supportive coach, Robert Katende, who offers the children of Katwe the opportunity to learn a game of strategy that ultimately changes Phiona's life.

Nyong'o is luminous as the mother, a resilient figure raising four children while undergoing great hardship and watching over a precocious daughter whose dreams extend beyond the reach of Katwe.

Oyelowo shines as the compassionate chess teacher, who instructs the children and helps to guide the talented and intelligent Phiona.

Newcomer Madina Nalwanga is wonderful as the budding prodigy whose thoughtful nature and deep ambition

help her to achieve her dreams and empower her family.

Katwe, in focusing on the skills and achievements of a young woman from Uganda, is refreshingly new take on the genre. Nalwanga conveys an intelligent and ambitious young woman who discovers that winning is more complicated than it might seem and that calling checkmate doesn't always bring the glory and happiness it promises.

Sometimes Phiona's success pulls her away from the people she loves the most, and her victories can seem empty at times. It is in this aspect that *Queen of Katwe* complicates the narrative of the inspirational sports biography, and elevates the film beyond mere feel-good fun.

Director Mira Nair, who brings nuance and restraint to Phiona's struggle to find a place in the world, ably handles the powerful story driving *Queen of Katwe*. Phiona and her family live in a poverty that is neither valorized nor pitiable, and the life and color of Katwe permeates every moment of the film.

The family undergoes significant difficulties like the pregnancy of Phiona's teenage sister, an accident that injures her younger brother and the ravages of the heavy rain season, to name a few. When Phiona is able to buy a new house for her family, with a roof and

surrounded by greenery, the audience shares in their joy and elation.

The conflicts in the film, chiefly between Phiona and those who do not believe in her, feel real and are resolved easily. The ongoing debate between Nakku Harriet and Robert Katende over Phiona's dream to leave Katwe seems to be the central argument of the film.

Oyelowo's Katende, awed by Phiona's talent, wants to see her compete and achieve at international chess competitions where she may find fame.

Nakku Harriet, in the immaculate hands of Nyong'o, worries for her young daughter as she goes abroad to Sudan and Russia to compete, fearing that her daughter will, after having tasted the world, be unable to return to life in Katwe.

This tension between Phiona's ambition and maturity plays out between the two adults, and comes to life in Madina Nalwanga's skillful performance of the younger Harriet.

Queen of Katwe centers not only on Phiona Mutesi, but also on the people who support her in her achievements. Phiona's family members, the slum children with whom she learned the game and her coach and his family, form a loving network that allows her to learn and grow over the course of the film. When the people of Katwe rejoice in Phiona's victories, it is because so many have been a part of her quest for greatness.

Queen of Katwe is one of the extremely small number of films that feature both an all-black cast and a female director of color. For such a film to be made and released, as well as to be supported by a major studio such as Disney, is remarkable.

That the film is also beautifully executed, supremely well acted and tells a vibrant story in a nuanced manner is deserving of even more praise. Ultimately, *Queen of Katwe* is an excellent and inspiring biographical film about the life of an extraordinary young chess champion.

BOOK NOTES, FROM B3
the past twenty-odd years writing nine novels to both critical and popular acclaim. Her fan base is big enough that, when I posted an odd tweet rhetorically asking the internet why *This Should Be Written in the Present Tense* is Helle's only book that has been translated into English, several Danish literature students responded almost immediately, equally frustrated.

This Should Be Written in the Present Tense is a short, understated novel. It follows Dorte, who should be in class at Copenhagen University but instead spends her time staring out of her window, thinking about her ex-boyfriends, wandering around a nearby train station and not writing.

Dorte tells her story in short, declarative sentences that ignore dramatic scenes like abortion and sex to focus on which fruit she buys from the grocery that afternoon. Whole seasons pass in the same sentence that Dorte stirs a pot. One evening she comes home from the library and tells us, "I painted my nails and decided I needed a new look and a new way of thinking and walking."

As the title implies, the novel is written entirely in the past tense, despite alternating between two different moments in Dorte's life — her relationship with her ex-boyfriend Per and her aimlessness after their breakup — with very few clues as to how much time has passes between these two storylines. It seems as though the events of her relationship have led her to the depressive state she is in, and Dorte is slow to let us catch up. She would rather not speak about it, write about it or remember it at all, it seems.

Her voice seems muted and suppressed, in part because she rarely expresses emotions, and when she does it is usually only to say that her feelings are inexpressible. She looks out of a window into the rain and hears a nightingale and thinks to herself, "It was all too much. I would never be able to share it with anyone, ever." These words would seem melodramatic from another narrator, but Dorte has already proved how hard it is for her to disclose personal feelings. Instead we feel the same ache she does, an almost physical yearning to be able to communicate.

Ever restless, Dorte suffers from insomnia. When she is unable to locate its causes, she turns to the library for help, thinking that she'll find a few self-help books. But she also notes that, "I had a feeling I needed

help in other areas as well, but I didn't know which. When I covered my ears with my hands there was a rushing noise inside me that sounded like a whole shoreline. It wasn't worrying in itself. But I had this little flutter under my breastbone, it felt like homesickness."

It was only in retrospect that I was able to realize that maybe my project of reading female authors was also in part to get "help in other areas" that I couldn't identify either.

There are problems that can be solved with self-help books, that can be medicated, that you should turn to professionals for help with. But part of me wanted to tell Dorte to turn back to the library, to fiction, for cures to her more ambiguous ailments, for her heartbreak and her fear.

This Should Be Written in the Present Tense by Helle Helle, translated by Martin Aitken, was published by Soft Skull Press in January.

Alloverstreet is effective in its welcoming vibe

ARTWALK, FROM B3
effort to celebrate creative expression without competition or judgment.

One venue which embodied this environment was the Ballroom Gallery, which provided a professional space for artists to display their work, including drinks and live music.

Hannah Leighton, the co-founder of the Ballroom Gallery, said that this acceptance was a key part of *Alloverstreet*, and of the Ballroom Gallery in particular.

"One of the most important things about our space is that we want people from all over to be comfortable and to feel welcome," she said.

Communication between the artists was friendly and collaborative, and it was clear that the space provided by the Ballroom Gallery was open and supportive. Victoria Schanken, one of the co-directors of the gallery, spoke on this further.

"To make your work feel welcome within an artistic community, you don't want to feel like you're competing," she said. "This is a safe place for artists to gather and

show their work in a professional space."

Perhaps one of the most distinct events at *Alloverstreet* was the performance of Bobby English, Jr. entitled *I AM You ARE*, which featured a solitary man pacing through a room of imposing metal and stone sculptures while engaged in a conversation with God about suffering, fate and mortality.

This show was different from the rest because the artist was part of the exhibit and could not speak about it with the viewers, but small groups of people huddled together at one end of the room, discussing the piece softly.

Though it may not have been exactly what I was expecting, I was touched by the community of support that *Alloverstreet* brings together for local artists.

Alloverstreet is usually held on the first Friday of every month and offers a variety of different spaces, some of which regularly participate while others are featured as guest spaces. It is on Oliver Street in Station North, kicking off at 5 p.m. at the Station North Tool Library.

Ty Dolla \$ign leads mostly effective Campaign

CAMPAIGN, FROM B4
over a slow, lumbering beat. Although they both come up with some fairly interesting melodies, that isn't enough to save the sluggish track. "R&B" gets fairly repetitive and uninspired after a short time, even with its strong chorus.

While Ty really thrives off a basic structure and a simple melody, "My Song" fits the template too perfectly, becoming a mind numbingly boring and uninspired track.

Even considering the missteps, I still think that this project is better than *Free TC*. Ty is a consistent hit maker, who makes inconsistent albums. Whenever he tries to switch up his style, there is a feeling of hesitation and uncertainty. This is unfortunate since Ty has proven that he has range, creating some phenomenal acoustic jams (see

"Horses in the Stable"), along with heavy street songs like "Blasé."

In future projects, I hope he either keys into his incredible hook-making ability, developing a full 10-15 tracklist of fun, melodic songs, or throws off the formula that is starting to get stale at this point and starts to experiment wildly. A project like Jeremih's and Shlomo collaboration EP *No More*, which created space in which each artist reach towards

something new, would really benefit Ty Dolla \$ign.

The venture into unexpected sounds could bring something fresh out of that iconic voice.

Nonetheless, I recommend people listen to

the whole of *Campaign*. Ty's music has crossover appeal and universality that is unrivaled in the current music scene. It is a fun listen overall, and I'm confident it has at least one song for every listener.



FAYETNAM/CC-SA-4.0
The art for Ty Dolla \$ign's *Campaign* features several references to nationalist imagery.

CARTOONS, ETC.

Grave Humor

By Stephanie Herrera

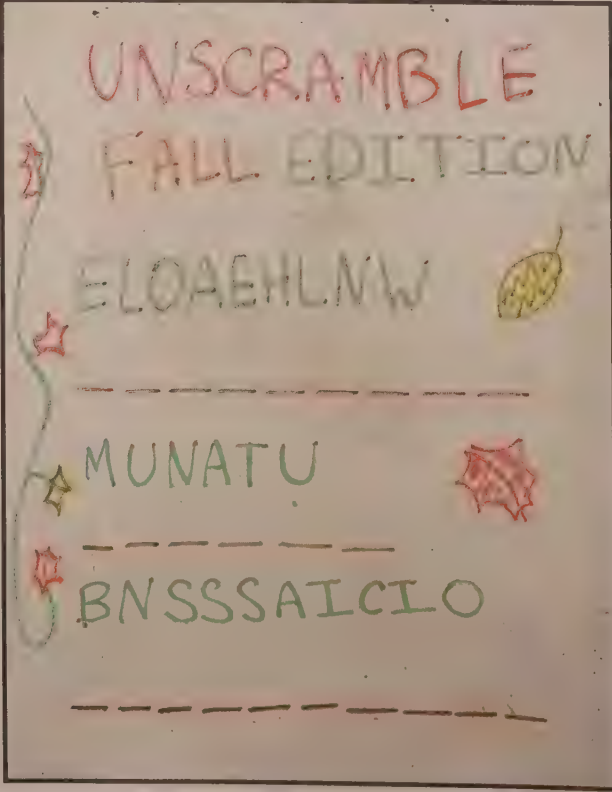
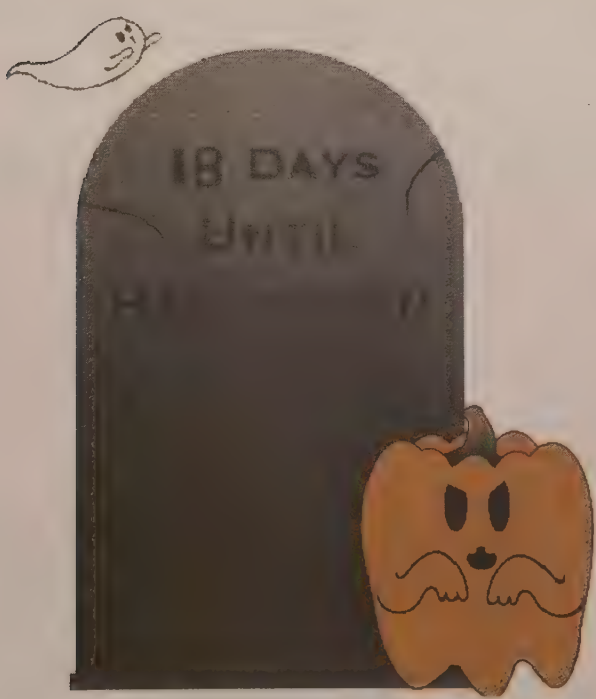


Desert Night, Desert Sky

By Erica Schwarz



From the Whiteboard



By Stephanie Herrera

Students wanted for cartoons!

If you have any questions or have work to submit, please email
cartoons@jhunewsletter.com.

SCIENCE & TECHNOLOGY

Is a universal flu vaccine within reach?



JOHN KEITH/PUBLIC DOMAIN
Research and development for the seasonal flu shot is costly and labor intensive.

By ISAAC CHEN
For *The News-Letter*

First, you see someone nearby turning their head towards their inner elbow to cough or sneeze. Then you see someone else sniffing while desperately looking for a tissue. Yes, it's that time of year again when everyone gets sick: flu season.

Currently, people have to get a flu shot every year to be protected against the seasonal flu. Since the viruses change and mutate quickly, these vaccines are created based on predictions from research that

indicates which types of viruses that would be most common during the upcoming year. The more closely the vaccine matches the circulating virus, the more effective the vaccine.

However, developing an accurate and effective flu vaccine is labor intensive and extremely expensive. Sometimes, the vaccine may not even be effective if the virus mutates too quickly. As such, researchers around the world are studying new ways to create universal flu vaccines that would increase protection against seasonal flu strains and

ham, England has developed a novel approach to designing flu vaccines using informatics-based immunological predictions.

Sheikh and his team designed two types of vaccines with informatics: The first type targets viruses common in the U.S. and other is a universal vaccine. These vaccines would be created from epitopes, short flu virus fragments that are already recognized by the human immune systems.

Their results demonstrated that the first vaccine would be effective in fighting against 95 percent of observed influenza viruses in the US population. The second type would be effective for 88 percent of known influenza strains around the world.

"A universal flu vaccine is potentially within reach," Pedro Reche, a researcher at the Complutense University of Madrid and one of the co-authors of the paper, said in a press release. "Our collaboration has found a way to select epitopes reaching full population coverage."

While the researchers

are still working on developing and testing the vaccine, Sheikh's experiment provides lots of interest and hope for future strategies against the influenza.

Although a universal flu vaccine is not yet available, there are several ways that we can protect ourselves this upcoming flu season. In an email to *The News-Letter*, Dr. Alain Joffe, director of the Hopkins Student Health and Wellness Center (HelWell) emphasized the importance of maintaining physical and mental health to prevent contracting influenza virus.

"It's really important for students to give themselves permission to take care of themselves when they are sick," Joffe wrote. "Students should not go to class while they have a fever — you can't really learn well with a fever and if you have a fever you are likely quite infectious and can spread the flu virus to other people."

Joffe also highlighted the importance of getting the seasonal flu shot.

There are several convenient ways that Hopkins students and faculty can get their flu shots before flu season progresses. HelWell offers flu shots at its main location as well as flu clinics at various locations on campus.

Upcoming flu clinics are on Oct. 26 in Brody 4040 from 4 to 7 p.m. and Nov. 7 in the Great Hall in Levering from 1 to 4 p.m.

A full schedule can be found at studentaffairs.jhu.edu/student-health/2016-2017-flu-clinic-schedule/. Flu shots from the SHWC are free for those with the school insurance and \$20 otherwise. Pharmacies like CVS also offer free flu shots for most insurance plans.

Mindfulness can reduce emotional reactivity

By JOAN YEA
Senior Staff Writer

Mindfulness, a moment-to-moment awareness of one's current internal and external experience, has increasingly gained traction as a psychotherapeutic tool in emotion regulation.

Although the neural mechanisms underlying the effects of mindfulness have yet to be clarified, recent scholarship provides support in favor of the many benefits of mindfulness, including improvements in focus and working memory as well as the reduction of stress and anxiety.

Recent evidence also supports the ability of mindfulness to reduce emotional reactivity, as shown in psychology graduate student Yanli Lin's Sept. 2016 study concerning the emotion regulatory properties of mindfulness.

Published in the journal *Frontiers in Human Neuroscience*, the study involved 68 participants whose event-related potential (ERP) brain signals were recorded during the experiment.

Specifically, one type of ERP, the late positive potential (LPP), was monitored as the research participants listened to audio and then viewed emotionally evocative images.

Following the exercises, the participants completed a five factor mindfulness questionnaire as well as other self-report measures, which indicated the participants' dispositional mindfulness.

To obviate analysis of gender-related outcomes, only female un-

dergraduate students were recruited at the site of the study, Michigan State University. Moreover, the research participants were screened for prior experience in meditation.

During the audio stage, the participants, all novices in meditation, were randomly assigned to either a 20-minute long recording of a guided meditation practice or an 18-minute control audio.

The meditation exercise, led by Steve Hickman from the University of California San Diego Center for Mindfulness, instructed the participants on how to attend to their current feelings, thoughts and physical sensations.

The control audio, on the other hand, was a TED talk given by the linguist Chris Lonsdale on how to acquire second language fluency, a recording to which participants naturally listened.

The participants were then randomized to either mindful or natural viewing of the images, which were either negative or neutral.

Research subjects assigned to mindful viewing were told at the beginning of the task to be conscious of their feelings and thoughts while they looked at the pictures without trying to avoid or suppress their internal experience.

The other participants in the natural viewing group looked at the same pictures but did so naturally without being given additional instructions.

Mindful viewing, however, did not turn

SEE MEDITATION, PAGE B8

Zika case puzzles Utah doctors and researchers

By LAWANYA SINGH
For *The News-Letter*

Recently, the outbreak of the Zika virus has been a cause for global concern. It is widely understood that the virus can be spread through mosquitoes, blood, sexual contact and contact between a pregnant mother and her fetus. However, a case in Utah where the virus may have been spread through tears or sweat has puzzled many scientists.

According to the Centers for Disease Control and Prevention (CDC), Zika is a virus spread through the *Aedes* mosquito. If a pregnant mother is bitten by an *Aedes* mosquito, she risks giving birth to a baby with microcephaly, a brain defect. Furthermore, the baby could have defects of the eyes and ears along with impaired growth. So far, there has not been an effective vaccine developed for this virus.

The best way to prevent being bitten, according to the CDC, is to wear long clothing, use insect repel-

lent and avoid unprotected sex.

Since Zika has been understood to be spread from mother to fetus, a case in Utah has presented a mystery for many scientists studying the spread of this virus. The case involved two patients. The first had traveled to southwest Mexico and been infected with Zika, presenting symptoms of abdominal pain, fever and watery eyes. A second patient visited the first patient, wiped away their tears and helped to reposition the first patient in bed.

The first patient died soon after, but what puzzled scientists is that the second started exhibiting symptoms of Zika. However, unlike patient one, doctors thought patient two had a more moderate form of Zika.

This case was fascinating to researchers at the University of Utah School of Medicine because patient two had neither reported traveling to Zika infected areas, nor were there cases of Zika-carrying mosquitoes in Utah. Even more

SEE ZIKA, PAGE B9



DAY DONALDSON/CC-BY-2.0
The Zika virus is most commonly spread by the *Aedes* mosquito.

Babies with three parents: mitochondrial donation

By ELAINE CHIAO
For *The News-Letter*

The term "mitochondrial donation" might be a foreign concept even to professionals who are at the forefront of the biological fields. It is a newly developed medical technique used to repair the genetically defective mitochondria in a mother's egg before it can be fertilized with a father's sperm in a lab setting.

Recently, a five-month-old baby who had previously been diagnosed with a neurometabolic disorder was successfully treated using this rare and special technique by a group of U.S. physicians at the New Hope Fertility Center. Despite raising a lot of moral and ethical issues, the operation is nonetheless considered a unique advancement in the medical community.

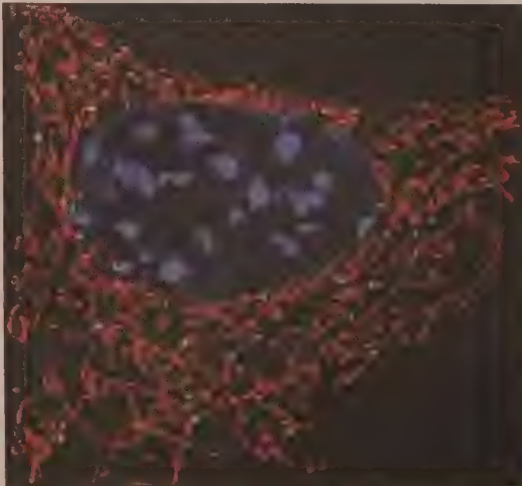
Mitochondria are ubiquitous components of the human cell. They can be found in almost every single cell in the human body since they are the primary manufacturer of cellular energy. Although mitochondrial DNA is generally separate from most cellular DNA, which is located inside the nucleus of cells, mitochondrial genetic defects are almost always passed along

from the mother to the offspring. Repairing this defect is no easy task, and physicians must undertake the daunting task of transferring mitochondria to the mother's egg before they can fertilize it with sperm.

In reality, the five-month-old baby was conceived and birthed by DNA from a total of three people — his mother, his father and a mitochondrial donor. Since his mother carries a genetic defect known as Leigh Syndrome, the baby would have inherited a disease from the mitochondria that would eventually lead to the degeneration of his central nervous system.

Under normal circumstances, symptoms for Leigh Syndrome typically emerge a year after childbirth and lead to death within a short span of several years. However, the group of doctors from New York saved the baby's life by providing him with a donor's egg that contains healthy mitochondrial DNA. This egg will only supply one percent of his overall DNA, with the other 99 percent still coming from the paternal sperm and the maternal egg.

Although the success of the operation is indisputable, it has created a



NICHDD/CC-BY-2.0
Mitochondria (shown in red) are typically inherited from the mother.

number of controversies that resonate throughout the scientific community. Some observed how children born with DNA from three people would potentially feel about their identity and the subsequent negative self-perceptions that would result from it. Others are concerned with more materialistic problems such as how the unused embryos should be properly disposed.

Currently, mitochondrial donations are outlawed in many countries, including the United States. The medical group had to travel all the way to Mexico in order to perform the opera-

tion on the baby. "To save lives is the ethical thing to do," Dr. John Zhang, head physician of the team, said according to *New Scientist*.

Amidst all the disagreement and public confrontations, Zhang and his group remain adamant in justifying their moral purpose and ideals. To further defend and spread their beliefs, they are going to present their finding at a meeting of the American Society for Reproductive Medicine in October, with the hope that people can start to recognize the medical benefits of mitochondrial donation.

SCIENCE & TECHNOLOGY

Puberty shown to influence facial recognition



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Influx of hormones during puberty may assist in facial recognition.

By **NICITA MEHTA**
For *The News-Letter*

Recent research conducted by Pennsylvania State University Assistant Professor of Psychology Suzy Scherf suggests that facial recognition transforms as adolescents transition into adulthood. That is, Scherf identifies puberty, not age, as refining one's ability to recognize faces.

Since the late nineteenth century, research concerning the importance of facial recognition has been a major area of inquiry in the field of psychology. American psychologist Paul Ekman initially popularized the topic as he pursued studies into nonverbal communication and behavior. Ekman postulated that

emotions were "evolved traits universal to the human species" and pursued studies demonstrating a series of six universal facial expressions interpreted alike by almost all cultures. Facial expressions provided a method of relaying these emotions he deemed critical to daily human interactions.

Ekman's research demonstrated the significance of facial expressions as receptacles of information concerning emotion, well-being, age and personality. Scherf's research extends the implications of Ekman's research by demonstrating that the ability to interpret and recognize facial expressions is refined during the transitional period of puberty. Scherf showed

that adolescent facial recognition evolves from the childhood bias toward adult, specifically female faces to the preference for peers' faces that match their own stage of development during adolescence and puberty.

In her paper, Scherf argues that this transitional period is significant in assisting adolescents as they adopt adult social roles. Anatomic and physiological changes underlying this psychological shift includes influx of hormones and reorganization of the nervous system, both of which transform during puberty.

The experiment used to yield these conclusions involved the recruitment of 116 adolescents of the same age sorted into four groups based on their stage of puberty. This allowed the researchers to focus on the role of puberty and not age on facial recognition. Presenting the subjects with photographs of male and female faces of various pubertal stages, the researchers later retested the subjects' ability to recognize the previously seen faces upon introduction of a new population of faces.

Scherf noticed two different trends. First, pre-pubescent children remembered adult faces. Scherf identified this phenomenon as the "caregiver

bias," since these children seemed to be biased to have a better memory of adult faces. Second, Scherf identified that adolescents more commonly remembered other adolescent faces, therefore showing a "peer bias." More generally, Scherf concluded that adolescents at various pubertal stages would recognize the face of an individual of the same pubertal stage. Socialization into society as an adult offers a potential explanation for Scherf's findings, as adolescents transition to adopt more mature social roles.

Scherf's research has implications on multiple aspects of behavioral science and psychology research. That is, recognizing the refined facial recognition of pubertal adolescents can help further the understanding of how puberty affects the developing nervous system and behavior with maturity and mental health.

These results could have an impact on future mental health treatment and public health policy regarding adolescents. Scherf's research also invites researchers to gain further insight into understanding how hormones and nervous system reorganization during puberty evolves behavior to equip adolescents for adulthood.

Alcohol intake follows antidepressant path

By **CATHY NIE**
For *The News-Letter*

In a study published in the journal *Nature Communications*, researchers at Wake Forest Baptist Medical Center found that ethanol followed the same biochemical pathway as rapidly effective antidepressants. Consequently, patients with major depressive disorder who ingested ethanol felt non-depressant effects that lasted at least 24 hours. This study supports the high comorbidity between alcoholism and depression and supports the notion of self-medication, although researchers emphasized that alcohol is not a treatment for depression.

"Because of the high comorbidity between major depressive disorder and alcoholism there is the widely recognized self-medication hypothesis, suggesting that depressed individuals may turn to drinking to treat their depression," said Kimberly Raab-Graham, an associate professor at Wake Forest School of Medicine, in a news release.

On a molecular level, ethanol is known to block N-methyl-D-aspartate receptors (NMDARs), or proteins associated with learning and memory. It also works with the autism-related fragile X mental retardation protein (FMRP) to induce gamma-Aminobutyric acid (GABA), which stimulates neural activity.

By binding allosterically to NMDARs, ethanol prevents channels associated with these receptors from opening completely. As a result, fewer sodium ions flow into cells, causing less depolarization and less initiation of action potentials. Ethanol also inhibits depolarization by binding

allosterically to α -amino-3-hydroxy-5-methyl-4-isoxazolepropionic acid receptors (AMPA) as well. When bound by ethanol, AMPAR pores open to allow an influx of chloride ions, which leads to hyperpolarization of cells. This in turn inhibits the generation of action potentials and a decrease in nerve signals to other cells, which significantly impacts animal behavior. In particular, ethanol binding NMDARs can greatly affect patients' perception. Since NMDARs are highly concentrated in the prefrontal cortex, an area of the brain associated with choices and feelings, people who ingest ethanol lose inhibition and judgment.

Additionally, alcohol affects the release of dopamine, a chemical associated with feelings of pleasure. By enhancing molecular activity associated with dopamine-releasing cells in the ventral tegmental area of the brain, ethanol increases rewarding sensations and helps alleviate desensitization often associated with major depressive disorder.

Recent studies have also shown that alcohol affects endogenous peptide neurotransmitters (opioid peptides). These peptides, which act in the nucleus accumbens of the brain, structurally resemble morphine and also generate similar effects as the drug.

Current antidepressants operate on similar principles; monoamine oxidase inhibitors (MAOIs) inhibit the ability of the enzyme MAO to break down dopamine. However, these antidepressants treat milder forms of depression. Notably, ethanol, which affects dopamine release as well, seems to affect patients normally unresponsive to these antidepressants.

U.K. bans Microplastics to prevent pollution

By **SHERRY SIMKOVIC**
For *The News-Letter*

The U.K. placed a ban on microplastics because of a recently published study in *Scientific Reports*. Scientists working in the mid-Atlantic and southwest Indian Oceans have found evidence that deep-sea animals such as hermit crabs, squat lobsters and sea cucumbers, eat the microbeads, which are typically found in cosmetics and cleaning products.

Microplastics are generally defined as particles under five millimeters in length. They get into the oceans either by washing clothes made from synthetic fabrics or by using cosmetics containing microbeads.

Microplastics are generally the same size as "marine snow," the shower of organic material that falls from surface level waters to the deep ocean. Many animals rely on marine snow as a source of food. The House of Commons Environmental Audit Committee reported that 100,000 plastic particles can enter the ocean after a single shower.

Researchers from the

University of Bristol and Oxford University working on the Royal Research Ship (RRS) James Cook at two sites, have confirmed the presence of microplastics inside animals at depths between 300 and 1800 meters. This is the first time that scientists have seen microplastics inside sea animals at such deep depths.

The animals were collected using a remotely operated underwater vehicle. According to Principal Lecturer in Forensic Science Claire Gwinnett at Staffordshire University, the techniques used in the study effectively reduced and demonstrated contamination.

The results showed that the animals ate the microplastics and weren't from the lab or any external contamination.

"The main purpose of this research expedition was to collect microplastics from sediments in the deep ocean — and we found lots of them. Given that animals interact with this sediment, such as living on it or eating it, we decided to look inside them to see if there was any evidence of ingestion," Michelle Taylor, a researcher at the Oxford

University's Department of Zoology and lead author of the study, said in a press release from the University of Bristol. "What's particularly alarming is that these microplastics weren't found in coastal areas but in the deep ocean, thousands of miles away from land-based sources of pollution."

The study reveals the

potentially devastating environmental fallout of microplastic pollution.

"This result astonished me and is a real reminder that plastic pollution has truly reached the furthest ends of the Earth," Laura Robinson, professor of geochemistry at Bristol's School of Earth Sciences, said in a press release from the University of Bristol.

Meditation can improve emotional well-being

MEDITATION, FROM B7

out to be a successful method in decreasing the late sustained LPPs, the LPPs recorded in a later time frame. The study showed that the late sustained LPPs were not significantly reduced, suggesting that mindful viewing failed to regulate emotional reactivity to the negative stimuli that some of the images presented. Instead, the LPPs were found to be reduced in the group of participants who had followed the audio instructions of the meditation exercise. While regulatory effects could not be induced via a state of mindfulness, mindfulness as a meditative practice was able to lower the LPPs.

The emotional regulatory effects of the meditative exercise were also apparent even in participants who did not find the tutorial to be engaging. Not many participants in the audio meditation group found the guide to be particularly interesting or educational, according to the self-report questionnaires. Yet, relative indifference to the meditative exercise did not diminish its effects.

LPPs were not decreased, however, in the earlier time frame for the



RELAXINGMUSIC/CC BY-SA 2.0

ERP brain signals corresponding to affective psychopathology decreases during meditative exercise.

participants who had undergone the meditative exercise. Instead, in the earlier time frame, control audio participants with a predisposition towards mindfulness had lower LPPs to aversive stimuli. The participants with greater dispositional mindfulness were identified through their responses to the Five Factor Mindfulness Questionnaire.

As the meditative exercise decreased LPPs in the later time frame to the same extent as did dispositional mindfulness in the earlier time frame, lead investigator Lin and fellow researchers concluded that meditation

enhances the emotion regulatory mechanisms that are already present in naturally mindful individuals.

"Our findings not only demonstrate that meditation improves emotional health, but that people can acquire these benefits regardless of their 'natural' ability to be mindful. It just takes some practice," Lin said in a press release from Michigan State University.

Furthermore, as mindful viewing did not reduce LPPs in either the early or late time frames, deliberately attempting a state of mindfulness, according to Lin and fellow

researchers, may not be an effective strategy for emotion regulation for those who are not naturally mindful.

That meditative mindfulness can provide benefits to anyone is a clinically significant finding which the researchers aim to support with further research.

The research team acknowledges the need to confirm their results with a larger sample that is not solely comprised of female participants. Moreover, further research would be required to investigate whether meditation comprises a unique and sustained processing of stimuli.



GENTLEMANROOK/CC BY-SA 2.0

Particles in cosmetics and cleaning products can pollute oceans.

SCIENCE & TECHNOLOGY

Lab develops hybrid organic solar cells

By WILLIAM XIE
For *The News-Letter*

New research, led by Xiaoyang Zhu, a professor of chemistry at Columbia University, reveals the potential of using a new kind of material, hybrid organic-inorganic perovskites (HOIPs), to manufacture solar cells. The results conclude that HOIPs can achieve much higher solar efficiencies than traditional solar cells, which are typically made out of silicon.

"The need for renewable energy has motivated extensive research into solar cell technologies that are economically competitive with burning fossil fuel," Zhu said according to *Columbia News*.

Zhu participates in the fastest advancing solar cell research, exploring perovskite cells its high efficiency and low production cost potential make it what Zhu calls a "superstar" in the solar cell research field. His team explored the mysterious properties of HOIPs and published their findings in *Science*.

Solar cells convert sunlight into electrical energy. Through this conversion, energized electrons travel through the cell and excess energy is dissipated. The percentage of sunlight that can be converted into electricity is defined as the solar efficiency. Researchers have found that the maximum theoretical efficiency of a solar cell is about 33 percent.

The application of HOIPs in solar cells began in 2006 with efficiencies of less than four percent. According to the Department of Energy, researchers in 2014 improved the materials, processes and design of HOIPs so that the efficiencies reached 20 percent. In Zhu's research, he claims that HOIPs can achieve theoretical efficiencies up to 66 percent, nearly double the maximum expected efficiency limit.

Beyond its potential for immense solar efficiencies, HOIPs have another tremendous advantage over traditional solar cells because they are much more durable than silicon solar cells. HOIPs have high defect

density, which means that they can perform as well as pristine and defect-free cells made of HOIPs.

Traditional silicon solar cells are fragile. One defect can significantly reduce their efficiency or even disrupt the operation of the entire cell. Defects in a traditional solar cell can cause a disruption on the charges in the cell, which prematurely dissipates the unconverted charges before they become converted into electricity.

Traditional solar cells are also very costly. The silicon that is used must have a 99.999 percent purity and manufacturing process is very expensive. According to the Department of Energy, HOIPs can be cheaply constructed with abundant, low-cost materials.

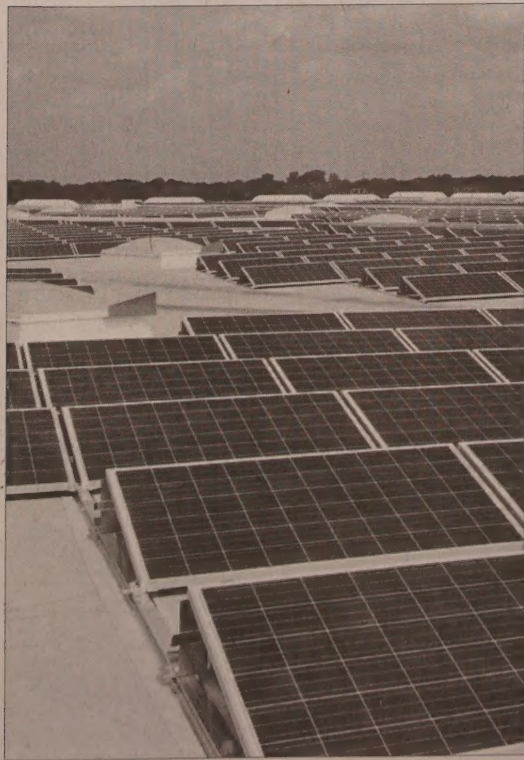
Zhu pointed out that over the past seven years, scientists were able to improve the efficiency of HOIPs from four to 22 percent. On the other hand, it took over six decades to create the silicon cells that have the same efficiency as HOIPs.

These cells, according to the researchers, have little potential for improvement compared to HOIPs because they are limited to the maximum theoretical efficiency of 33 percent. At the rate that HOIPs are improving, they are likely to surpass traditional solar cells in terms of their feasibility to compete with fossil fuels.

However, HOIPs are not without constraints. The current chemical stability of HOIPs is weaker than that of materials used in traditional cells. HOIPs are water soluble and contain environmentally harmful components such as lead that could leak to the outside environment. The environmental risks of using HOIPs must be contained for the possibility of its commercial application.

Zhu is confident that material scientists can replace the toxic materials with safer alternatives.

"Now we can go back and design materials which are environmentally benign and really solve this problem everybody is worried about," Zhu said according to *Columbia News*.



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Traditional solar cells use silicon, a less efficient material than HOIPs.

Swedish researcher edits human embryo

By NICITA MEHTA
For *The News-Letter*

Developmental biologist Fredrik Lanner of the Karolinska Institutet in Stockholm recently publicized his successful editing of human DNA in embryos. Despite previous attempts to edit genes in human embryos, Lanner is the first to yield viable human embryos after gene editing and announce it to the public.

Lanner was able to accomplish this landmark achievement using the powerful gene-editing tool, CRISPR/Cas9. Originally discovered in bacteria, CRISPR/Cas9 was identified as the prokaryotic, acquired immune system to confer resistance to viral DNA.

Upon further study into its specificity and potential as a DNA repair system, researchers at the Broad Institute of MIT and Harvard harnessed the CRISPR-Cas9 system to demonstrate its efficiency in eukaryotic cells.

Historically, genome editing in eukaryotic cells has been a challenge with obstacles such as circumventing the nucleus and dealing with greater numbers of sets of chromosomes, commonly regarded as ploidy. CRISPR/Cas9 has resolved many of the issues of eukaryotic gene editing with its ability to target multiple genomic loci specifically and drive homology-di-

rected repair.

Lanner's impetus to conduct such an experiment was motivated by his desire to answer some of the unresolved questions concerning the development of early embryos.

Doing so, the Swedish researcher hopes to invite translational researchers to apply his work to "devise new infertility treatments, prevent miscarriages and learn more about stem cells," according to his report.

Understanding the early development of cells may also facilitate disease prevention and amelioration in adults with diseases such as diabetes and Parkinson's.

Although Lanner's research exists as a testament to the power of CRISPR/Cas9 and the progress geneticists are making, his study reignites many of the ethical debates initially sparked by previous attempts to edit human genes in viable embryos. That is, Lanner's research invites scientists as well as the public to assess the mo-



CAROLINE DAVIS2010/CC-BY-2.0

One researcher has edited the genes in a human embryo using CRISPR/Cas9 technology.

rality and legality of editing the human genome.

Multiple arguments have been proposed both for and against humane genome editing. Supporters celebrate the ability to do so as a therapy to prevent embryos with a genetic predisposition to life-threatening or seriously debilitating diseases.

However, those in opposition argue that inviting scientists to edit the human genome will allow the manufacturing of "designer babies": or made-to-order children with traits specified by parents or scientists.

This debate continues to boil with the advent of other novel technologies. For example, prenatal genetic screenings to detect conditions for Down syndrome have invited parents to choose whether or

not to carry the pregnancy to term knowing their child may be born with the disease.

Research into editing the human genome has only accelerated and magnified the complexity of this debate as improvements in the efficiency of the gene-editing technology continue.

Lanner is not the first scientist to stoke the fire of this debate, nor will he be the last with the continued interest in devising methods to prevent early-developing diseases.

During this time, the public remains responsible for being informed about the science and understanding its social implications, argues Lanner. One day, they will be responsible for deciding the fate of this technology at a tool for human disease prevention.

The thrill of earning an Academy of Sciences title



Duy Phan
The Brain Wave

Every now and then, while perusing the profiles of academic faculty, I would keep running into the title "National Academy of Sciences Member." I had a gut feeling that this was a prestigious membership, since all of the faculty members who hold the title are very famous in their respective fields.

I had no idea what the benefits were behind the membership (beyond an impressive line on the CV). I am sure that many other undergraduate students also have this problem when they read faculty profiles.

Therefore, I decided to conduct a little underground investigation for *The Brain Wave*, so that we can figure what the big deal is behind being a member of the National Academy of Sciences (NAS).

First of all, the NAS is a non-profit and non-governmental organization established by Congress. Although the NAS does not directly fund scientific research by giving out grants, it recognizes and supports outstanding science. Most notably, NAS has an official peer-reviewed journal called the *Proceedings of the National Academy of Sciences (PNAS)*, which is well-recognized as a high-profile journal.

Becoming a member is not easy: Every single new member is elected by current members. There-

fore, being an exceptional scientist is a prerequisite. Based on my interpretations, to become a member, one needs profound political connections with the big shots in the field. In other words, being a member of NAS is mad impressive.

However, the biggest benefit to being an NAS member is way more than just a cool line on the CV: NAS membership essentially guarantees at most four papers in *PNAS* per year. Yes, *PNAS* is not on the same tier as *Nature*, *Cell* or *Science*, but under normal circumstances it can be exceedingly difficult to get just one paper in *PNAS*, let alone four per year.

In the past, a NAS member can submit up to ten papers to *PNAS*, and the papers were published without review. Eventually, ten papers was decreased to four, and NAS decided that the papers need to be reviewed, but here is the catch: The NAS member can select the reviewers. Therefore, you can just select your friends to be reviewers and they will never say anything bad about your paper.

In essence, being an NAS member means you are set for life in terms of academic publishing. For the rest of your life, you are 99 percent guaranteed that most of your papers will be published in *PNAS* at the minimum (or at least getting a paper into *PNAS* will be significantly easier). At the first try, you can aim for *Nature*, *Cell* or *Science*. If your paper does not get into those, you can have *PNAS* as a safety.

Because of such publishing privileges, the NAS has received much criticism. If it is so easy for NAS members to publish in *PNAS* (with almost

minimal peer-review and scrutiny), might this mean that *PNAS* is a repository for their sh*tty research that would not have otherwise been accepted in any other journal?

I think that this characterization of *PNAS* as a repository for sh*tty research may or may not be true, but there is sh*tty research being published anyway in *PNAS* and other high-profile journals. Sure, it might seem a bit unfair, but such is life. There are

people with privileges and people without. In the end, I do not think that this argument really matters. The field ultimately judges the quality and impact of the paper, not the journal the paper was published in.

That said, next time you run into a member of NAS, you should beg him/her to let you join the lab. After all, you may end up as a co-author on a *PNAS* paper, which is not too shabby for an undergraduate.

Zika potentially spreads from tears and sweat

ZIKA, FROM B7
surprising was that, after his death, it was discovered that Patient One's blood had a higher than normal concentration of virus, around 200 million particles per milliliter.

The researchers hypothesized that this abnormally high concentration made Patient One extremely infectious, and thus, he was able to pass the virus on to Patient Two. Whether something about Patient One made him more susceptible or whether they were infected with a different subtype of Zika virus still remains to be answered.

The case in Utah has a lot of important implications for attacking this virus going forward.

"This case expands our appreciation for how Zika virus can potentially spread from, an infected patient to a non-infected patient without sexual contact or a mosquito vector," Marc Couturier, a co-au-

thor on the case study, said in a press release. "This and any future cases will force the medical community to critically re-evaluate established triage processes for determining which patients receive Zika testing and which do not."

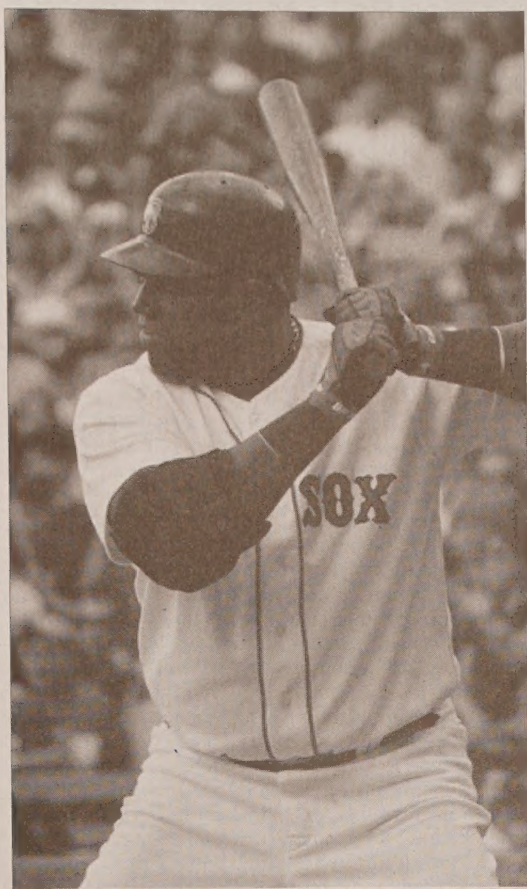
With the finding that the virus can potentially spread through fluids, such as sweat and tears, it is important to screen everyone who could have been susceptible to Zika, not just pregnant mothers.

However, although this might be a cause of concern for many scientists, some on the Homewood campus are not as weary of the implications.

"This seems to be an isolated occurrence and the first patient had crazy high levels of the virus in his blood," Angela Wang, a senior biology and public health major, said in an interview with *The News-Letter*. "So unless more cases like this start popping up, I wouldn't be too concerned about it."

SPORTS

David Ortiz ends his career with Red Sox



PARKERJH/CC BY 3.0

David Ortiz batting at home of the Red Sox, Fenway Park, in 2009.

BIG PAPI, FROM B12

very young when Ortiz came to Boston, I aware of the team's history. I knew there misery involved with being a Red Sox fan. It had been 85 years since we had won a World Series Championship. I was well aware that fans before me had suffered through years of the Sox coming close to a Championship only to lose at the very end.

I was introduced to that frustration in 2003, when the Red Sox blew a lead in Game Seven of the ALCS against archrivals the New York Yankees. The morning after Aaron Boone hit that game winning home run to end the Red Sox's championship hopes, I slouched in the hallway crying before class.

Just one year later, Ortiz led the Red Sox to the greatest comeback in sports history. They became the first team to win a playoff series despite falling behind by three games to none during the 2004 ALCS against the Yankees. It was that magical season that the Red Sox finally broke the Curse of the Bambino and brought an end to 86 years of agony and heartbreak in Boston.

There was no doubt Ortiz was on the way to becoming a Boston legend. Papi played the game with the same passion and energy with which Bostonians follow the game. I will admit, Red Sox fans get way more mad about losing than they should, but we also get more joy out of winning. And so did Big Papi. He exemplified the attitude and the grit that the Red Sox have so long displayed in the game of baseball.

In a game where so many players act like poised celebrities (think Alex Rodriguez, Bryce Harper), I was drawn to Big Papi because he did not play for the attention or public limelight, but he played as a true fan of the game.

Sure, this led to some outbursts and instances where he did not conduct himself in the best

light. Attracting criticism through his career, he often lashed out at umpires and the media. But ultimately, it was his passion and pursuit of excellence that was behind all of the emotion.

Nobody is perfect, and in looking back at his career, I would never want Big Papi to lose even an ounce of his fire and love for the game. Big Papi was a Bostonian, and no moment better exemplifies this than his speech after the Boston Marathon Bombings, which had rocked the city and the nation just a week before.

In the first home game after the April 2013 terrorist attack, the Red Sox wore jerseys with Boston on the front, as opposed to the team name. Ortiz came out and spoke from his heart, closing with his now famous line "this is our f**king city." His speech, while vulgar, reflected the character of Boston: tough, resilient and strong, even in the face of adversity.

What made Big Papi so special was that he was one of us, and more than just a big name sports star passing through for the highest paycheck. Arriving in 2003, he made it clear he loved the city just as any lifelong Bostonian did.

Even after defeat, the sellout crowd at Fenway Park stayed behind to give the future hall-of-famer a loud and passionate sendoff. The fans stood for several minutes giving the legend that had given so much to Boston the ovation he deserved.

As Big Papi, with tears in his eyes, saluted the Fenway Faithful, it became clear the greatest era in Red Sox history had come to an end. Along with the three World Series titles and the more than 500 home runs, Big Papi turned a tortured fan base conditioned to expect defeat no matter what into one that would never say die even in the most dire situations. Not even a prophet could have foretold this when the Red Sox signed Ortiz back in January 2003.

Four teams standout in NFL this season

By DANIEL LANDY

For The News-Letter

Believe it or not, five weeks of the NFL season are already in the books. Everything seems to be getting back to normal: Brady's back, the Browns cannot find a QB and my fantasy team is awful.

Overall, the league has had a lot of parity thus far, with few teams making strong early impressions and many getting off to mediocre starts.

Let's examine four teams off to unexpected starts: two teams with surprising success early on one that can keep winning and one that will eventually collapse; and two teams with unanticipated sluggish starts, one that will pull itself together and one that will continue to struggle.

First up is the team that has shocked the football world with the most dominant start in the NFL: the undefeated Minnesota Vikings. The Vikings won the NFC North last year. However, they experienced one of the most heartbreaking losses in NFL history to end the season when Blair Walsh missed a potentially game-winning field goal attempt in the Wild Card Round against Seattle.

With Green Bay stretching its streak of six consecutive years with a playoff appearance into this season, the Vikings had a lot of work to do to repeat as division champions. As if the challenge weren't already burdensome enough, the Vikings unexpectedly lost quarterback Teddy Bridgewater to a season-ending ACL injury just before the season start and running back Adrian Peterson to a knee injury in Week Two.

So the Vikings did what little they could do, bringing in NFL Draft-bust Sam Bradford to take the reins at QB and setting up a two-man backfield with mundane running backs Matt Asiata and Jerick McKinnon.

And what do you know, the Vikings are sitting happily at 5-0, with wide receiver Stefon Diggs and tight end Kyle Rudolph emerging as Bradford's

two favorite targets. Minnesota's offense has not been especially dominant, but what separates it from the rest of the league is its ability to hold on to the football. The Vikings have just one turnover whilst the defense—led by defensive end Everson Griffen, safety Harrison Smith and defensive tackle Linval Joseph—has come up with twelve turnovers to support the offense.

Reminiscent of the defending-champion Broncos, the Vikings have an offense that is playing consistent football, keeping the score close so the robust defense can do its job.

While the Vikings are capable of sustaining their strong start, the NFC East-leading Cowboys should not be expected to continue playing elite football through-

out the remainder of the season. First and foremost, as sports television personality Stephen A. Smith loves to say, the Cowboys are "an accident waiting to happen."

This statement was most recently validated by wide receiver Dez Bryant's suspicious injury and defensive end Randy Gregory's substance abuse-related suspension. Furthermore, look to the quarterback position, where there will inevitably be turmoil surrounding rookie Dak Prescott and veteran Tony Romo.

Prescott has played extraordinarily well and is one of the primary reasons the Cowboys have been so strong. However, Romo will likely replace Prescott once he returns from injury, even if Prescott keeps performing. It is never a good idea to take the ball away from a quarterback with the hot hand, especially when his replacement is someone who has had little success in big games throughout his career.

Questions persist even

if Prescott does remain as starter, as two focal points of the offense, Prescott and running back Ezekiel Elliott, are just rookies. While the Cowboys seem to have a bright future, this duo simply does not have the experience to carry the Cowboys to the playoffs in a division that always goes right down to the wire.

Meanwhile, on defense, the Cowboys have performed well against mediocre offenses, including Washington, Chicago and San Francisco. Look for Green Bay to serve as a harsh reality check for the Cowboys next Sunday, when the two teams square off at Lambeau Field.

A team off to a disappointing start has been the Kansas City Chiefs. Expect to see improvement, however, as the season progresses.

A 2-2 record through four games is not deserving of panic, but the Chiefs have certainly underwhelmed after last season.

The offense has constantly stumbled through games, in large part due to Alex Smith's subpar play at quarterback. On defense, Kansas City's lone dominant game was in Week Three against the Jets.

While absolutely lit up by Ben Roethlisberger and the Steelers in Week Four, the Chiefs do have several reasons to be optimistic. Starting running back Jamaal Charles finally looks to be healthy and will serve as a focal point of the offense going forward, which should drastically open up the passing game. In addition, Smith's two favorite targets, wide receiver Jeremy Maclin and tight end Travis Kelce, have played adequately so far.

On defense, cornerback Marcus Peters and safety Eric Berry lead the charge for a unit that can be one of the league's best if it plays up to its potential. Look for the Chiefs, to make a statement against the up-and-

coming Raiders in Oakland next week.

Unlike the Chiefs, the Carolina Panthers should not be expected to overcome their slow start. The Panthers are suffering a hangover following their remarkable regular season and Super Bowl appearance last year. With three losses to the Broncos, the Vikings and the Falcons are seemingly tolerable, there is no doubt that the Panthers simply do not possess the same talent as year.

Reigning MVP Cam Newton has not been the same, due to both the ineptitude of his offensive line and the large number of rushes that he attempts as a dual-threat QB. Newton has gotten pummeled play after play. He is currently recovering from a concussion, but is likely to return for Carolina's next game. However, a complete change in the offensive system makes it hard to imagine Newton does not continue to take a vicious beating.

Running back Jonathan Stewart—who was another one of the highlights of the offense last season—has been sidelined with a lingering hamstring injury in recent week. Stewart's replacements, Cameron Artis-Payne and Fozzy Whitaker, have given the team little evidence that they can effectively run the football.

The defense has also not played up to the level it did in 2015, no doubt in part due to cornerback Josh Norman's departure in free agency. Carolina's schedule does not get much easier down the line, so it is safe to say that they will slump through the season and have a hard time getting to 8-8. It is hard to count out a team that recently showed so much success, but there is little reason to believe that the Panthers will rekindle their 2015 magic anytime this season.

The Vikings, Cowboys, Chiefs and Panthers are all going in directions that few could have predicted prior to the season. It will be interesting to see which teams continue to exceed expectations and which

The Vikings, Cowboys, Chiefs and Panthers are all going in directions that few could have predicted.

Coach Armstrong and swim team make debut

By EMILIE HOFFER

Sports Editor

The Hopkins swim team traveled to Washington, D.C. this past weekend to compete in their first meet of the season. The meet also marked the team's first competition since saying goodbye to their long-time coach George Kennedy last June and welcoming new head coach Scott Armstrong.

Coach of both the men and the women for the past 31 years, George Kennedy finished up his career last season with an impressive list of accomplishments. Kennedy is a seven-time recipient of NCAA D-III Coach of the Year, he coached 31 national champions and he led the Blue Jays to a total of 48 top-10 finishes in NCAAs.

The women's team had its first ever meet with the Georgetown University Hoyas and its first meet with the College of William & Mary Griffins since 1982. Though the Blue Jays fell to Georgetown and William & Mary on Saturday after-

noon, the women had multiple impressive individual performances, including four top-three performances. Junior Courtney Cowan took second in the 200 meter freestyle, only seven tenths of a second behind first.

Cowan commented on the team's goals going into their first meet of the season. "We have been working hard in season for a month now, and we were excited to get to race," Cowan said. "We wanted to have fun in our first meet with our new teammates and see what Coach Scott would bring to the team. In the end, we had some fantastic races against two D-I opponents."

Cowan also contributed to the team's third place finish in the 400 meter freestyle relay, along with teammates freshman Michelle Wang, junior Anna Wisniewski and junior Sara Wujciak. The Blue Jays would finish the day with 66 points following the Hoyas, 176.5 points and the Griffins 196 points.

The men had an equally successful opening meet with a win over host

Georgetown and a heartbreaking seven-point loss to William & Mary.

The win was Armstrong's first career victory at his alma mater. Cowan explained that the team is looking forward to developing throughout the season alongside Coach Armstrong.

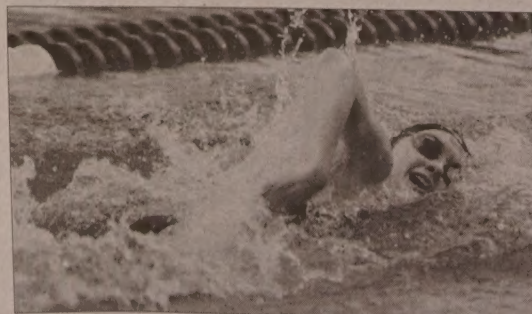
"We look forward to seeing how the team will grow under a new coach," Cowan said. "We are focused on continuing to maintain the integrity that has always been present under Coach Kennedy."

Senior Andy Greenhalgh led the Jays with two outstanding performances in the 500 meter and 1000

meter freestyle, both of which he won. The senior dominated his first race of the day, the 1000 meter free, almost four seconds ahead of the rest of the field.

The Blue Jays would take second, third and fourth place finishes in the 200 meter freestyle. They were guided by senior Evan Holder who placed second, only three hundredths of a second behind first place.

This was the men's first ever meet with the Griffins and their first meeting with the Hoyas since 1969. After the win this weekend, the Blue Jays stand tied in the series with the Hoyas at 2-2.



HOPKINSSPORTS.COM
Junior Courtney Cowan took second in the women's 200 meter freestyle.

SPORTS

The Midshipmen's good luck charm

NAVY, FROM B12

scheme for a roster like Navy; Very few college teams run an entirely option based offense, so it is hard to plan against and often catches opponents off guard. Each and every play has a multitude of outcomes. The quarterback can keep it on the draw, pitch it outside to his back or receiver or hand it up the middle to his barreling fullback. While Navy does not throw the ball often, when they do go to the air, they throw it deep and with success.

Under Johnson and his successor Ken Niumatalolo, the Midshipmen have tallied eight or more wins in 12 of the last 13 seasons, and consistently rank in the top five in total yards rushing per game. The Navy program ascended to new heights in 2015, when they went 11-2 and finished tied for first in the American Athletic Conference, finishing the year ranked 18th in the Associated Press Top 25.

This season, Navy sits at 4-1, including the incredible upset of No. six Houston this past weekend. The Midshipmen outlasted the Washington State Cougars in a 46-40 contest in which they tallied over three hundred yards on the ground and forced three turnovers on defense.

The win was Navy's first over a top-10 opponent since 1984, and perhaps their most important victory since upsetting the Notre Dame Fighting Irish 46-44 in 2007.

An American Athletic Championship is attainable for this team, as is a spot in a coveted New Year's Day Bowl Game. Navy will also go for their 15th straight victory against Army in the final game of the College Football regular season on Dec. 10, and this "Good Luck Charm" plans on being there to witness it.

Field Hockey gets mauled by Bears

FIELD HOCKEY, FROM B12

In the 36th minute, the Bears increased their lead to 4-0 with another goal by Overly.

The Blue Jays got on the scoreboard during the 50th minute. Senior midfielder Austin Davis made a crucial stop on the ball, junior defender Francesca Cali made a wide pass, and Hollowell drove a low shot into the left corner.

The Bears bounced back with a shot to the bottom right corner by senior defender Alik Torrence. The Blue Jays immediately responded. Just 85 seconds after the Bears' goal, McErlean shot from the top of the circle, and junior forward Morgan Pothast tipped it over the Bears' sophomore goalkeeper Jules Singer and into the top of the goal.

"Our corner execution made a huge difference in the success of our offense," Hollowell said. "In the second half, we won several corners, which resulted in two goals and shifted the momentum of the game."

The Bears finished the game with another goal by Overly. Collecting a corner kick, Overly directed the ball into the right corner of the Blue Jay goal.

Despite the loss, senior goalkeeper Zoey Atabek finished with a season-high 15 saves. Cali is now tied for the fifth most defensive saves in Hopkins history, while Pothast is now tied for the 23rd most goals in Hopkins history.

The Blue Jays have a positive outlook moving forward and plan to continue focusing on improving their execution.

"Our outlook for the rest of the season is positive and hungry," Pothast said. "We have played some difficult out-of-Conference games early on this season. In our last month of play, we will look to apply what we learned from those games in our upcoming in-Conference games. We are hoping to finish the season strong with a winning record and playing during the first weekend of November in the Centennial Conference finals."

Making a significant impact on the program, this season's freshman class have continuously brought a competitive attitude to practices.

"Our team is developing really well," junior goalkeeper Greta Helvie said. "We are making big strides from last season, and the freshman class is relatively large, so they have a big effect on the team and do a good job of pushing everyone to do their best, especially during practice."

With half of their regular season ahead of them, the Blue Jays are motivated to finish strong, no matter the outcome of their past few games.

"My coach recently inspired the team with a quote: 'Win or learn. Never lose.' Moving forward, we are taking those words to heart in order to learn from every loss and come out stronger than ever in the face of the Conference tournament," Hollowell said.

The Blue Jays return to Homewood Field on Friday, Oct. 14 to battle against the Haverford Fords.



HOPKINSSPORTS.COM
Junior forward Morgan Pothast

By COURTNEY COLWELL
For The News-Letter

This past Friday, the Hopkins volleyball team's six-game win streak came to a screeching halt with a 3-1 loss against the Randolph-Macon College Yellow Jackets. It would take just one day, however, to reinvent their momentum as Hopkins came to dominate both matches against the Ursinus College Bears and Manhattanville College Valiants on Saturday.

Winning both matches three games to none, the Blue Jays saw tremendous performances from a variety of players: Freshmen Louisa Kishton led the team in kills against Manhattanville while senior Ally Hirsch and junior Elizabeth Wuerstle both had standout performances versus Ursinus with nine and eight kills, respectively. On defense, sophomore Esther Hong controlled the back of the court with 13 digs in the match.

Though all of these performances are certainly worthy, this week *The News-Letter* has selected junior Kristi Rhead as our Athlete of the Week. A former Centennial Conference Academic Honor Roll honoree, Rhead's performance in all three games this past weekend accentuated her strengths on the court.

Rhead's season high 43 assists in the match versus Randolph-Macon certainly kept the Jays competitive throughout the Hopkins loss. Meanwhile, her 33 assists and four blocks in the match against Ur-

VITAL STATISTICS

Name: Kristi Rhead
Year: Junior
Sport: Volleyball
Major: International Studies
Hometown: Morgan, Utah
High School: Morgan

sinus coupled with 29 assists and six service aces in the match against Randolph-Macon were instrumental to the two Hopkins victories this weekend.

Following her exceptional weekend, Rhead sat down with *The News-Letter* to discuss how the team felt following their games, and what this weekend means going forward.

The News-Letter: With 43 assists in the match against Randolph-Macon you not only achieved a personal high, but also garnered the most assists in a four-set match for any individual this season. How did you achieve such an impressive feat?

Kristi Rhead: It felt great to get the opportunity to trust my training as setter and play that role when my team needed me this weekend. I have played a multitude of positions this season and in my career, so it always feels good to be able to adapt to be the best I can be in the position where my team needs me most at a given time.

N-L: After Friday's loss, how did the team mentally prepare for the two games you had the next day? Were there any elements of the team's game you were hoping to improve upon for Saturday's matches?

K R : Friday's loss was a tough one. We really discovered some of our own weaknesses, including certain situations that make us tight.

In Saturday's matches, we were especially looking to work on really "going for it" even in situations when we felt nervous or tight. We were able to generate

ATHLETE OF THE WEEK: KRISTI RHEAD – VOLLEYBALL



HOPKINSSPORTS.COM
Junior Kristi Rhead is having a great volleyball season.

some of those situations and overcome them, so I really think we made some great progress this weekend in that aspect, along with improving some more technical parts of the game like our tempo, serving and attacking decisions.

N-L: How physically tiring is it to play three games in one weekend? Was the team feeling at all drained going into the third match against Manhattanville?

KR: It's definitely tiring, but we were well prepared physically. As a team, we are dedicated to recovery so we used the rest of the weekend to get feeling fresh against and ready to play this upcoming week.

N-L: What are your personal goals for the remainder of the season?

KR: My personal goals are always to be the best I can be for my team and continually improve, especially my mental toughness and resiliency.

N-L: With underclassmen outnumbering the number of upperclassmen, including only one senior, how have you, and the junior class as a whole, filled in to take on an expanded leadership role?

KR: It's been really fun and challenging to take more of a leadership role this year. I know that myself and the other upperclassmen are committed to making this season the best it can be and for that reason we are eager to help in anyway we can.

Ally Hirsch, our only

senior, is an excellent example. I think because of her and our strong team dynamic our underclassmen really seem to understand the vision and even take on leadership roles themselves.

N-L: Next weekend the team will face three ranked opponents on the road. What is the team doing in preparation this week?

KR: We make an effort to treat our training the same that we treat our matches, always striving to improve. I anticipate each practice to be more intense and game-like than the one before it. We train against our managers from the men's club team and our coaches, so we are always facing great competition in the practice gym.

I'm excited to get those reps during training this week and then get to execute them this weekend against some really great opponents. We have a ton of room to grow and everyone is excited to learn.

On Oct. 14 and 15 we will see if the intense preparation pays off when Rhead and the Jays take on No. 11 Juniata College, No. 3 Southwestern University and No. 13 Christopher Newport University.

Sluggers essential as MLB Playoffs begin

By GREGORY MELICK
For The News-Letter

With the first week of the MLB Playoffs in the books, we have gotten a look at every team and already have one team with a ticket punched to a championship series. The regular season ended with lots of high stake games, but in the end there was no real shuffling, as the New York Mets and San Francisco Giants held their wild card slots in the National League and the Toronto Blue Jays and Baltimore Orioles claimed the spots in the American League.

The Wild-Card Playoff games have remained as great as when they were first implemented four years ago. In the American League game, the battle between two hard hitting teams ended up being a pitcher's duel.

With the score knotted at 2-2 from the fifth inning onwards, the Orioles brought in Ubaldo Jiménez to pitch for the Orioles after Brian Duensing struck out the first batter of the 11th.

Many baseball fans questioned why the Orioles did not bring in All-Star and Cy Young candidate pitcher Zach Britton, as Jiménez has

a history of being unreliable. Jiménez fittingly gave up three straight hits, the last of which was a 430-foot no-doubt home run off the bat of Edwin Encarnación to send the Orioles home.

The National League Wild Card game also turned into a pitcher's duel, but that was expected with Noah Syndergaard and Madison Bumgarner on the mound. Neither pitcher gave up a run, but Syndergaard lasted seven innings.

In the top of the ninth inning, the Giants' Conor Gillaspie hit a huge three-run homerun off Mets' closer Jeurys Familia, and Madison Bumgarner extended his postseason scoreless streak to 23 innings by throwing a complete game shutout to win the game for the Giants.

These results meant we got two great matchups in the Division Series. In the American League, baseball fans got a rematch of last year's explosive division series that turned violent this season. This time around, however, it was the Blue Jays throwing the metaphorical punches.

They rode the power bats of Troy Tulowitzki, José Bautista and Melvin Upton Jr. to take the first two games in Texas.

Then when it came to game three in Toronto, the Blue Jays took advantage of Rowned Odor's attempt to turn a double play and Josh Donaldson managed to score from second base when Odor's throw went wide.

In the National League, two of the favorites to win it all go head to head. The Giants and the Cubs is a matchup of the strongest postseason team against the strongest regular season team. The Giants postseason magic may have come to an end, however, losing the first two games on the road to strong Cubs pitching, but you can never count them out with Bumgarner on the team.

Ultimately, in a tightly contested series the Cubs emerged victorious in four games, as they look to at long last break the Curse of the Billy Goat and bring a World Series title to the North Side for the first time in 107 years.

The last two series are the Boston Red Sox against the Cleveland Indians and the Washington Nationals against the Los Angeles Dodgers. The Indians managed to ride some big hitting innings to take the first two games at home against the Red Sox and then close the sweep in

a tightly contested game three at Fenway Park that brought an end to the Red Sox season.

Just across the Beltway, the Nationals and Dodgers split the first two games in Washington, D.C., as well as game three and game four in Chavez Ravine. This sets the two teams up for an epic game-five showdown to decide the series on Thursday night in the nation's capital.

The biggest takeaways from this postseason have been that good pitching can carry a team very far, but when the bats get going, they get going in a big way. It seems like every time a team scores this postseason, it is via the home run, because pitchers are just not giving up multiple hits in an inning.

But the hitters have been responding by driving runs in with a single swing. There has been at least one home run in all 11 games so far this postseason, and there have been 27 home runs total. There have been two games where home runs made up all the runs, and overall home runs have made up 51 percent of the runs scored.

So with plenty of souvenirs flying, stay locked in as there are bound to be plenty more to come.

SPORTS

Did You Know?

Senior Samy Ramadane was named the Centennial Conference Player of the Week for the 4th time in his career after he scored or assisted on all four goals in a pair of road victories against Ursinus and Neumann.

CALENDAR

Friday
Field Hockey vs. Haverford: 6 pm
Football @ Dickinson: 7 pm

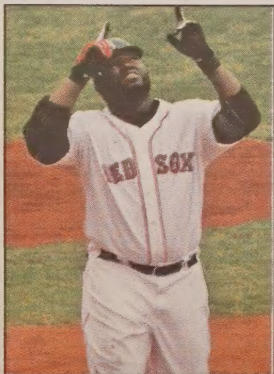
Saturday
W. Soccer vs. Haverford: 1 pm
M. Soccer @ Franklin & Marshall: 6 pm

Ortiz steps aside as a baseball legend

By GAURAV VERMA
Sports Editor

On Jan. 22, 2003, the Red Sox franchise changed forever. It was late in the offseason, and spring training was just weeks away. The majority of the biggest names on the free agent market had already found new homes. David Ortiz, who was released the month before by the Minnesota Twins, was signed by the Red Sox to a one-year \$1.2 million contract. The move generated little buzz across baseball since Ortiz was one of several low-cost bats that the team brought in to bolster their lineup.

Ortiz's career with the Red Sox was not harmonious from the start. He faced significant competition at the first base and designated hitter spot to start the season. With the likes of Shea Hil- lenbrand,



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David Ortiz is a Boston sports icon.

Jeremy Giambi, Bill Mueller and Kevin Millar all vying for playing time, Ortiz struggled to get on the field, forcing him to request a trade from the team. Fortunately, the team traded away Giambi and Hil- lenbrand instead, opening up a full time role for Ortiz.

From this point on, Ortiz turned into one of the most prolific hitters to ever play major league baseball. Quickly bonding with fellow Dominican slugger Manny

Ramirez, the two formed one of the most feared duos in all of baseball. Even after Ramirez left, Ortiz anchored the Red Sox lineup for well over a decade, bringing home three World Series Championships and countless memories in the process.

On Oct. 10, the Red Sox were eliminated from the playoffs, thus ending the storied career of Ortiz, also affectionately known as Big Papi.

What makes Ortiz so special goes beyond the box score or a list of accomplishments. While the Patriots, Celtics and Bruins have all had periods of tremendous success in Boston, the city

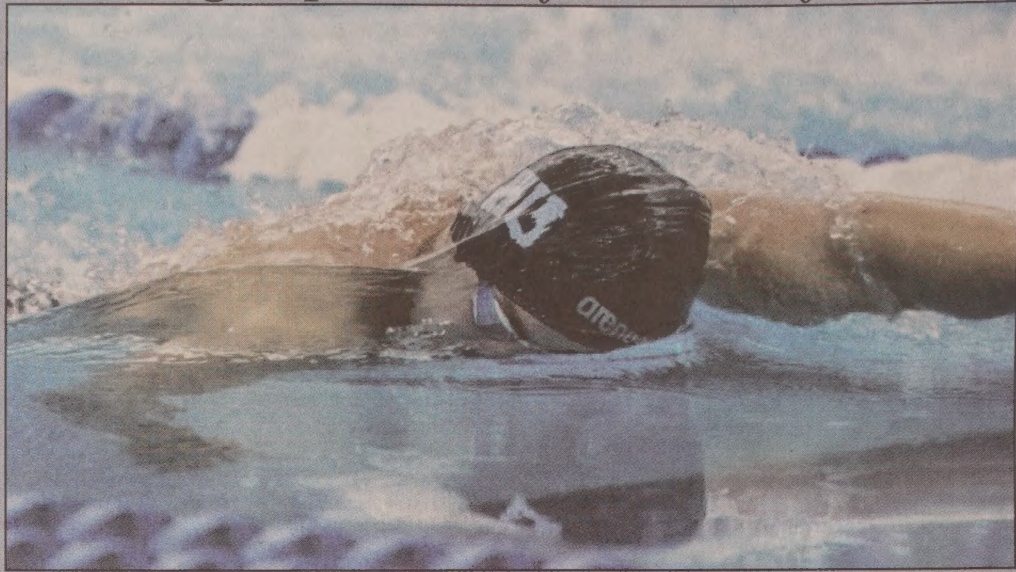
has been a baseball town since the early 1900s. Love for baseball and the Red Sox has been passed down generations of Bostonians.

It is something that I, as the child of immigrants from a country where nobody played baseball, picked up a love for as well.

I vividly remember my father taking me to my first game as a six year old 2001 at Fenway Park, a rite of passage for anyone from Massachusetts. It was that one game, and the chance to see the great Pedro Martinez pitch in person, that got me hooked to the sport and the Red Sox for life.

Although I was
SEE BIG PAPI, B10

Swimming impresses at first meet of the year



HOPKINSSPORTS.COM

The men's and women's swimming teams took to the pool this past weekend for their first meet of the year, a pivotal matchup against the Georgetown Hoyas and William & Mary Tribe. The men defeated host Georgetown while dropping a tight contest against the Tribe, while the women dropped tight decisions to both squads. The win against Georgetown marked the first for new head coach Scott Armstrong, who replaced the legendary George Kennedy after 31 successful seasons.

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INSIDE

Analyzing NFL Week 5

Columnist Daniel Landy discusses a pair of teams who have gotten off to unexpected hot starts, and two who have been disappointments. Who will maintain their success and who will falter?

Page B10

AOTW: Kristi Rhead

The News-Letter recognizes junior volleyball setter Kristi Rhead as Athlete of the Week. She played a vital role in the Jays 6-1 start to open up their season.

Page B11

MLB wildcard recap

Gregory Melick discusses a wild opening week of the MLB Playoffs, which was dominated by walk off wins, blown leads and nailbiting finishes.

Page B11

INSIDE

Navy's football rebirth from the eyes of a fan

Andrew Johnson
Sportpinion

They call me the "Good Luck Charm." It was a nickname that was not bestowed upon me immediately, of course. When I bundled up in layers and headed with my father to my first Army-Navy game at the age of eight in 2002, the Navy Midshipmen had been defeated by the Army Black Knights the year before. However, Navy would go on to steamroll Army in the game by a score of 58-12.

While I do not remember much about that particular contest, the Army-Navy games became a highlight for me each December. The routine of the day always followed a particular theme. I would get up the morning of the game and bundle up in layers upon layers — long underwear, fleeces, winters coats, gloves and hand warmers were the game day attire. The weather would be at or well below freezing, and if it was not freezing the day of the game, there was a great chance snow already covered the ground.

When my father and I arrived in Philadelphia, we would meet up with a number of close family friends. One of my father's best childhood friends was a graduate of the Naval Academy and remains one of Navy's biggest fans. His passion and exuberance would be on display during our pre-game tailgates. His face was adorned in blue and gold, he was stationed at the grill yelling out "Cheeburger, Chee-

burger!" to anyone who wanted one. During the games, there was no one who would berate the refs louder for bad calls.

After the game, we would head back to our cars for a post-game tailgate, usually capped with a bowl of piping hot chili, the perfect antidote for a cold winter evening. The mood at the post-game tailgate was always celebratory. This is where my nickname comes into play. I have been to over a decade's worth of Army-Navy games at this point in my life and have never witnessed a Navy loss.

Starting with consecutive win number five or so, my status as the "Good Luck Charm" really began to stick. And after 10, there was really no question anymore. I knew that once I went off to college, my ability to come to the game each year would be complicated, but I promised everyone that I would not fail them.

Unfortunately, exams prevented me from attending two consecutive Army-Navy games. Everyone in our tailgating group feared that this would mark the end of "The Streak," but Navy kept winning. They pushed their victory total against Army in the series to thirteen in a row. My exam schedule was more forgiving last December, and I was able to attend as Navy won a thrilling 21-17 contest to push their run of dominance to 14 straight.

While I like to joke that I am Navy's good luck charm, the Midshipmen really struck gold in 2002 when they hired a new, innovative coach who would turn the fortunes of the program around. The beginning of Navy's winning

streak in 2002 coincided with the arrival of Paul Johnson, a coach whose groundbreaking triple option offense led him to two Division I-AA National Championships at Georgia Southern. Johnson inherited a Navy team that was winless during the previous season and had only a total of three winning campaigns since 1982.

The service academies had traditionally been dominant football powers in the years prior to the Second World War, but the emergence of the NFL as a lucrative industry diminished their relevance. While some excellent professional players suited up for the academies in the modern era (most notably Super Bowl winning quarterback Roger Staubach of Navy from 1961-64), many elite athletes are dissuaded from committing to the academies due to the required four years of military service upon graduation.

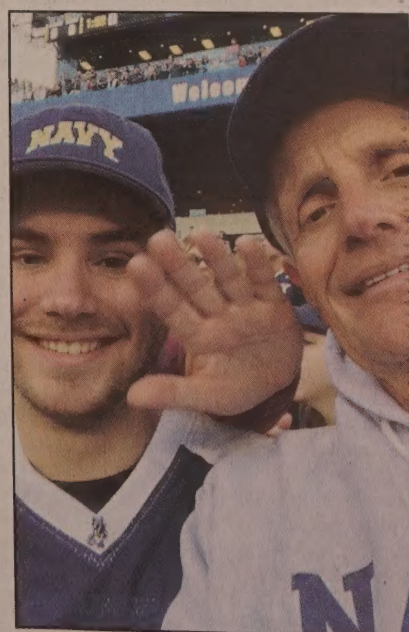
Any athlete who commits to Army, Navy or Air Force does so with the understanding that they must delay a potential NFL career for at least four of their

prime playing years. Playing and representing your nation on the football field and in the armed forces is certainly a great honor, but it is also an act of individual sacrifice for an elite NFL caliber talent.

Fielding a roster of players who will go on to serve their nation as military officers is a uniquely rewarding but challenging responsibility. Coaches must figure out how to make these teams greater than the sum of their collective parts, as they tend to field very few players that have star professional football careers in their future.

Since 2002, the Navy Midshipmen have sustained a period of excellence that few thought would be attainable for service academies at the Division I level. The triple option is the perfect

SEE NAVY, B11



COURTESY OF ANDREW JOHNSON
Johnson and his father at an Army-Navy Game.

Field hockey drops tough game to Bears

By ESTHER HONG
For The News-Letter

The Blue Jays fell short against the sixth-ranked Ursinus Bears, with the final score standing at 6-2.

Junior midfielder and defender Amy Hallowell commented that the performance did not fully demonstrate the talent that the Jays possess.

"The game against Ursinus did not demonstrate our team's full capabilities, but I am excited to see them emerge in our next few games leading up to the Conference tournament," Hallowell said.

A little over 10 minutes in, the Bears' senior forward Amber Steigerwalt dribbled toward the Blue Jay goal. Although her shot passed senior goalie Zoey Atabek, freshman midfielder Katie McElean was able to block and clear the ball, keeping the game at 0-0.

Midway through the first half of the game, Steigerwalt got the Bears on the scoreboard with a sharp angle shot near the right goal line. In the 26th minute, the Bears' forward Colleen Leahy got a hand on a rebound off Atabek's save and put the ball inside the left post.

The Bears scored again four minutes after Leahy's goal. The Bears' freshman midfielder Gemma Dufoe collected another one of Atabek's saves, passing the ball to fellow teammate, junior forward Brooke Overly, who scored to make the game 3-0.

In the beginning of the second half, the Bears failed to seize the opportunity to score on a penalty stroke. The Bears' sophomore defender Bridget Sherry could not get the ball past Atabek.

SEE FIELD HOCKEY, B11